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BULLY-FREE ZONE

Eight-year-old Ashley Scholo flings pink petals into the air as about 20 children gather in a circle to take part in anti-bullying activities put on by the Boys and Girls Clubs of Calgary for Pink Shirt Day on Wednesday. More coverage, page 8. ROBSON FLETCHER/METRO

Taxi dispatch woes on display

Can't find a ride?
Cab drivers' rep says smartphone apps would greatly improve service

JEREMY NOLAIS
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Images captured from the dashboard computers of taxis operating in Calgary on the busiest nights of the week appear to show routine frustration from dispatchers over an unwillingness among drivers with one of the city's largest brokers to respond to calls for service.

The images, provided exclusively to Metro, were taken by three anonymous Associated Cab drivers from this past weekend and last May. The computer acts as a direct communication link between dispatchers and Associated's fleet and also features detailed information on "bid screen" trips, which are calling patrons awaiting a ride.

But the images indicate some drivers are unwilling to respond to those trips and would rather search for "flags," a term used to describe customers hailing cabbies from street corners.

"There are 425 cars working — 210 of them are empty — why are there 50 plus trips on the bid screen?" one dashboard computer read last weekend.

In another, a question is posed to the fleet: "What do we tell your customers when they are calling back for your services — do you have suggestions — they have been waiting."

Recent controversy has emerged over so-called "ehail" smartphone applications that proponents say streamlines the process of finding a cab by allowing patrons to choose a specific driver and communicate with them directly.

Exclusively online

For a complete gallery of images from the dashboard computers of Associated Cabs, head to metronews.ca/calgary

But three top taxi companies, including Associated, disagree and have filed a $1-million lawsuit against the founder of one such app.

Associated president Roger Richard said the app allows potential fares to jump the queue.

"I don't think it's good for customers, good for the industry."

When repeatedly asked about the dashboard images taken from cabs in his fleet, Richard chalked them up to a slightly overzealous dispatcher. He defended the current dispatch system, save for a rise in customers who call for service but are nowhere to be found when a cab arrives.

But Rajiv Kapil, president of the Calgary Cab Drivers Association believes the images prove that many drivers don't trust the current dispatch system and see bid screen trips as an unreliable source of income.

Kapil believes smartphone apps could drastically cut into the problem.

"It will save time and improve service," he said. "If we improve service, it's better for everyone."

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Teachers.
Rep fears dozens of lost jobs

Dozens of Calgary teaching positions could be lost in the coming months as uncertainty about classroom funding looms, warns a local representative.

After the Alberta Teachers' Association (ATA) rejected a last-ditch contract proposal Tuesday ahead of next week's provincial budget release, Education Minister Jeff Johnson pulled no punches in painting the fiscal reality confronting classrooms.

"Certainly, the commitments that were made with respect to operating numbers, in terms of the increases to the base grants, those things are not things that we're going to be able to deliver, and I know school boards know that," Johnson said.

The province originally committed to two per cent increases in base operating grants for the next two school years.

But Frank Bruseker, Calgary local president for the ATA, said that without that increase, in his estimation, up to 100 teaching positions could be lost, forcing students into fewer classrooms.

"When you add eight to 10 more students in each class, it makes it that much more difficult for the teacher to get around, look over the shoulder of every student and make sure they're working on the material they should be," Bruseker said.

Calgary Board of Education (CBE) trustee chair Pat Cochrane said speculation on cuts was unwarranted, especially so close to the March 7 budget release. She added that CBE local negotiations with teachers appear to be "farther along than most."

"We have an amazing public education system, and let's keep supporting and making it work for our kids.... There's hope and promise in public education," Cochrane said.

JEREMY NOLAIS/METRO

Tonja Beach, the woman who rushed to Wong Shuk Yee's side, hugs Wong's niece Flora Stephenson Wednesday at a rally in Sandstone Valley. KATIE TURNER/METRO

Community rallies after fatal collision

Pedestrian slain.
Police continue search for a second vehicle

KATIE TURNER
katie.turner@metronews.ca

We care.

That was the message on signs held by dozens of community members who gathered in Sandstone Wednesday to honour a 56-year-old woman who was killed in a hit-and-run pedestrian collision last week.

Wong Shuk Yee, also known as Rachel, was hit by two vehicles on Feb. 20 as she crossed the street on Sandstone Drive near Berkshire Boulevard N.E. Police say the two vehicles fled the scene and believe other witnesses have yet to come forward.

Wong's niece Flora Stephenson, speaking on behalf of the family, described Wong as a "devoted mother, a loving sister and a special aunt to her nieces and nephews."

Stephenson said her aunt immigrated to Calgary in 2010 after working as a nurse in Hong Kong for several years.

"While the circumstances around her death are tragic, we are overwhelmed by the reaction from the community," said Stephenson, pointing specifically to Tonja Beach, who ran out of her home after the collision and held Wong's hand as she lay on the street.

"We especially want to thank Tonja for being there and comforting Rachel during the last few moments of her life."

Beach was among the many holding signs along the road a week after the incident. She said she hopes drivers will learn from this tragedy.

"I'm just glad that the community's come together," she said. "Tragic as it is, if it ever happens again, people won't just drive by; they'll stop to help."

While one driver has been charged, police continue to search for a second vehicle described as a dark-coloured sedan with damage to the front bumper.

Insp. David Kotowski said any witnesses with information, even minimal information, are asked to call police at 403-266-1234.

Moving forward

"I'm just glad that the community's come together.... Tragic as it is, if it ever happens again, people won't just drive by; they'll stop to help."

Tonja Beach, who rushed out to Wong Shuk Yee after the collision.

Public service

There will be a service held on Friday between 6:30 p.m. and 8:30 p.m. at Chapel of the Bells Funeral Home.

- The family will hold a private service at a later date.

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Could the Olympic Games really return to Calgary?

Research. Academic who studies 'Olympic effect' questions why Calgary would want to host the Games again

JEREMY NOLAIS
jeremy.nolais@metronews.ca

All the hoopla, the triumphs, the defeats. The pins, Hidy and Howdy, the pomp and circumstance.

No question — a twinkle still sparkles in the eyes of those who witnessed the Calgary Olympics when they're asked to describe it.

But could the Games really return? Better yet, would we really want them to?

For Frank King, who served as CEO of the 1988 spectacle, the answer is simple.

"We have everything here already," he said. "What happened if Sochi (the 2014 hosts) weren't able to come through? I could almost guarantee you that the Olympics would come back to Calgary tomorrow.... It would be great."

Other local officials tend to agree with him, including Calgary Mayor Naheed Nenshi, who openly mused about hosting another Games during 25th-anniversary celebrations earlier this month, but added it couldn't be done without the help of local residents.

"Frank King and the team ran the 1988 Olympics in Calgary with volunteers because it was the only way we knew how to do it, because we've always been blessed to have that spirit in this city, and that legacy continues to this day," Nenshi said.

"To me that's probably the most important part."

There are barriers to bringing the Games back though.

For one, Calgary's climate could get in the way of a possible Summer Games bid — along with the costs for new infrastructure — and Canada's largest city still appears to be eyeing further bids of its own for the Games.

Toronto lost out to Beijing to host the 2008 Olympics but is slowly regaining steam for a run at the 2024 event — the Games aren't typically awarded to the same country twice in such short time periods.

As well, Andrew Rose, an associate dean and faculty chair at the University of California, Berkeley questions why Calgary would be so keen on hosting again. He's spent a great deal of time studying the so-called "Olympic effect," and said there's little net gain for cities after the fact.

"It's incredibly expensive and you get almost nothing out of it except a bunch of facilities that you'll almost never use again, that's more true of the Summer (Games) than the Winter, but it's just ridiculous," he said.

King and other proponents, however, are quick to point out that facilities like the Olympic Oval and Canmore Nordic Centre have played a pivotal role in developing the next generation of athletes.

Still, Rose is not convinced.

"Suppose you are really into curling and you want to build a special facility for curling or speed skating — you should do it anyway, independent of whether there's going to be an Olympics," he said.

"The fact that it's going to be used in extra-intense ways for a couple of days during a two-week period we call the Olympics is irrelevant of whether you should make the investment or not."

But King believes there's more to it than that.

"The way people came together was amazing — it's tough to describe," he said.

"I think many people would be happy to do it all over again."

WITH FILES FROM ROBSON FLETCHER

Celebrations like this one at Canada Olympic Park in 2008, on the 20th anniversary of the Calgary Games, give the impression Olympic spirit is still alive and well in the city. LARRY MACDOUGAL/THE CANADIAN PRESS

Quoted

"The way people came together was amazing — it's tough to describe.... I think many people would be happy to do it all over again."

Frank King, CEO of the 1988 Winter Olympic Games in Calgary

Online

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1988 Olympics

Day 16 highlights:

- **Finale.** Thousands pack into McMahon Stadium once more to celebrate 16 days of competition during the closing ceremonies.
- **Men's hockey final.** The Soviets do what many expected, capturing gold in men's hockey. Finland winds up with silver and Sweden takes bronze.

Shaw reveals plans for downtown HQ

Shaw Communications unveiled plans Wednesday for new corporate headquarters in downtown Calgary that include 12 floors of a unique high-rise and a complete renovation of the fire-damaged Shaw Court.

CEO Brad Shaw said the headquarters "will form a new anchor of development in Calgary's downtown, while setting a new benchmark for innovation in workplace and office design."

In addition to the renovated Shaw Court, which was struck by fire last July, the communications company plans to occupy a major section of 3 Eau Claire — a pair of office towers standing 48 storeys and 42 storeys high and connected at the top — located across the street.

Shaw has also secured the naming rights to 3 Eau Claire.

Calgary Mayor Naheed Nenshi said the move will provide a "lasting contribution to a vibrant city centre."

"This project will be an important part of the downtown core and Calgary's economy," Nenshi said.

Construction on the two towers is set to begin this summer and be completed by 2016. Shaw Court, meanwhile, is expected to reopen in the spring of 2014.

When both projects are finished, the company said its downtown office space will provide for up to 2,000 employees and total 540,000 square feet.

ROBSON FLETCHER/METRO

Employees

2,000

When both projects are finished, the company said its downtown office space will provide for up to 2,000 employees.

An artist's conception of the 3 Eau Claire building which Shaw will occupy. SHAW IMAGE

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Fraud, theft charges

Calgary police charge alleged Kijiji scammer

Police have charged a Toronto man in connection with alleged internet scams they say were taking place for more than six months.

Investigators say between July 2012 and January 2013, the man is believed to have posed as a Century21 realtor, and a representative from StubHub and Ticketmaster to convince them he could sell them what they were looking for.

On Feb. 19, Giancarlo Iandoli, 23, was charged with 12 counts of fraud and 12 theft-related charges.

Police allege he also used aliases such as Carlos Keppinger, Franco Scavuzzo, Chris Werner and Justin or Tristen Rizzo.

Iandoli is expected to appear in court on March 14 in Calgary. METRO

13-year-old victim

Warrant out for man wanted in prostitution case

A warrant has been issued for the arrest of a southern Alberta man accused of procuring a 13-year-old girl for the purpose of prostitution.

Memphis Gros Venture Boy, who is 32, didn't show up for a scheduled appearance in provincial court.

He was charged earlier this month following a police investigation.

Officers had become aware that the girl was involved in a high-risk lifestyle.

They discovered a man had instructed her to prostitute herself and give him the money.

THE CANADIAN PRESS

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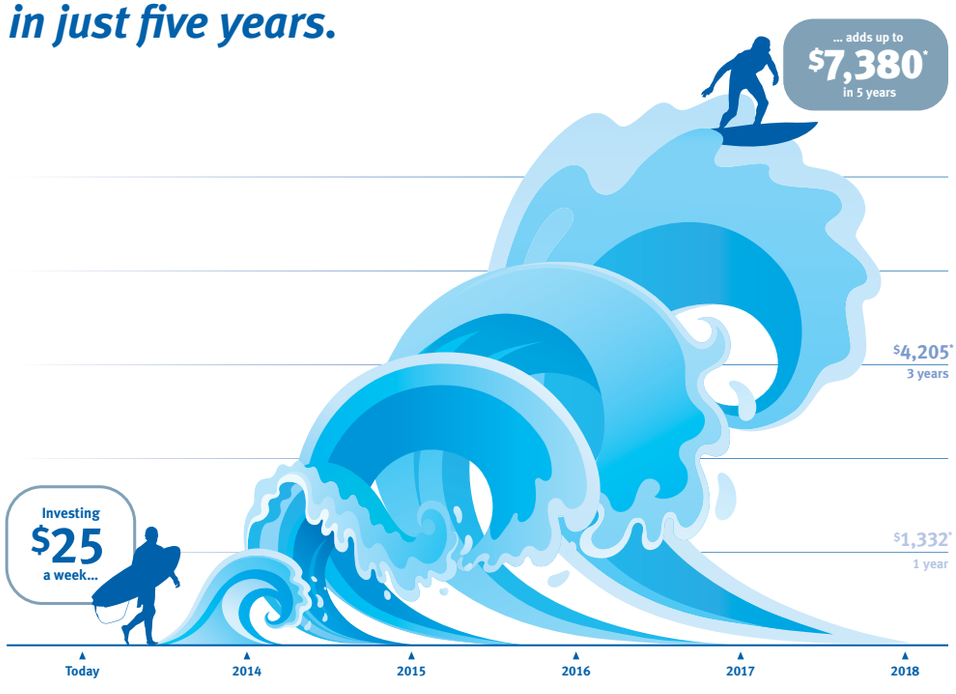

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Laurier Lounge's new executive chef, Ryan O'Flynn, has prepared dishes for royalty and rock stars, including U2 and Kylie Minogue. LISA WILTON/METRO

Chef's skills fit for a queen

Edmonton-born. Culinary artist honed his skills at some of the best restaurants and hotels in Europe

LISA WILTON
calgary@metronews.ca

There are few Alberta chefs who can say they've cooked for the Queen of England, the King of Qatar, rock 'n' roll royals U2 and pop princess Kylie Minogue.

Ryan O'Flynn got the opportunity to either prepare dishes, or contribute to the making of a meal for all of them during his decade-long stint in the United Kingdom.

The Edmonton native returned to Alberta six months ago and recently signed on as executive chef at popular French restaurant, The Laurier Lounge, in the Beltline.

Though cooking for celebrities, politicians and royalty can be exciting and, frankly, looks pretty good on a resumé, O'Flynn says he puts the same amount of effort into his work no matter who's eating his food.

"I love food and I love what I do," says O'Flynn, who graduated from NAIT's culinary program in 2000.

"And because of that, things need to be perfect all the time."

O'Flynn was working in the kitchen of the St. David's Hotel in Cardiff in 2005 when the Royal Family attended a special dinner in honour of the Welsh national holiday. His team served herb-crusted saddle of Welsh salt marsh lamb to the Windsors and their guests.

"We didn't really get any feedback," he says.

"Just a lot of security watching everything we were doing."

U2 guitarist The Edge didn't need the help of bodyguards when he burst into the kitchen where O'Flynn was helping prepare hundreds of dishes for a large Irish wedding reception one year.

"He stood right next to me and asked me if I could make him a smoked salmon sandwich because he was so hungry he couldn't wait for dinner," recalls O'Flynn.

"He ate it right beside me and went back into the dining room and had dinner."

Having worked at some of the U.K. and France's best restaurants including The Milestone Hotel in London, Le Gallois in Wales and the Royal Rivera Hotel in Monaco, O'Flynn felt it was time to come back to Canada.

"I wanted to get a house and other things I just couldn't do in Europe," he says. "Also, the market in Europe is terrible. The recession has hit hard there. I wanted to be in Calgary or Vancouver, but I know in the next five years, Calgary's food scene will improve dramatically. It's already started."

Been around the world

- O' Flynn once made Kylie Minogue a Sunday Roast and says he was surprised at how short she was.
- Before returning to Alberta, he spent four months on a worldwide tour, visiting Michelin-rate restaurants from Dubai to the Mayan Riviera.

Judge struggles with crash sentencing

Grand Prarie. Driver of accident that caused the death of 4 teens gets 3-year sentence

An Alberta judge choked back tears as he told a packed courtroom how he struggled to decide a just punishment for a driver who caused a crash that killed four high-school football players.

A fifth player was pulled from the wreckage and survived, but suffered brain injuries and had to relearn to walk and talk.

Court of Queen's Bench Justice William Tilleman said Wednesday the case of Brenden Holubowich is the toughest he's ever had to face.

The boys simply didn't have to die, he said.

"Drinking and driving is sad, senseless, stupid and selfish," Tilleman said, even though impaired driving was not a charge to which Holubowich pleaded guilty.

In the end, Tilleman sentenced Holubowich to three years in prison and banned him from driving for three years when he is released.

Holubowich, 23, had been facing 16 charges, including impaired driving causing death and failing to remain at the scene of an accident.

His pickup truck collided with a car carrying five members of the Warriors football team from Grande Prairie Composite High School in October 2011.

Walter Borden-Wilkins and Tanner Hildebrand, both 15, and Matthew Deller and Vince Stover, both 16, were killed. Zach Judd, now 17, was pulled from the wreckage and spent 11 days in a coma.

Many of the boys' relatives expressed their disgust with the sentence. Zach's mother, Desiree Judd, said outside the courthouse that the justice system completely failed the families.

"I really had hopes last night that the judge would come back with something better, but I guess we were all let down." THE CANADIAN PRESS

Quoted

"Drinking and driving is sad, senseless, stupid and selfish."

Court of Queen's Bench Justice William Tilleman

Cuts feared. Students need summer-job program, say advocates

Losing a long-running provincially funded summer-job program could force students to withdraw from university, advocates said Wednesday.

Applications for the Summer Temporary Employment Program (STEP) are not being accepted and language on the program's website is in the past tense, leading people to conclude funding for the program will be cut in the March 7 provincial budget.

"Three thousand less jobs in the summertime: That's a huge hit for these students and it's going to mean a lot of them just aren't going to get any job over the summertime," said Bill Moore-Kilgannon, executive director of Public Interest Alberta.

"With tuition being extremely expensive in Alberta, that could mean that some of them don't have the resources to go back to school in September."

The STEP program creates about 3,000 summer jobs for students across the province and costs a little more than $7 million annually.

"We're still holding out hope (the program survives). No one knows definitively until the budget comes out," said Raphael Jacob, with the University of Calgary Students' Union. "I think we really get good value — low cost (for) high gain." ANNALISE KLINGBEIL/METRO, WITH FILES FROM JEREMY NOLAIS

Students at the University of Calgary could find it more difficult to find summer work if a provincially funded program gets cut. METRO FILE

Sheriff shooting. Charges laid against two men

RCMP have charged two men after an Alberta sheriff was shot in the hand at a courthouse.

Witnesses have said the sheriff was one of two guards transporting two prisoners Tuesday morning who were in custody following a drug bust.

There was a scuffle in a hallway and witnesses heard two or three shots.

Two men were spotted fleeing in a prisoner transport van, but were arrested within the hour at a rural home near Whitecourt.

Alberta Solicitor General Jonathan Denis says there will be a review at the courthouse where the sheriff was shot.

"We will have our own internal investigation to see what could have been done, if anything, to prevent this casualty," Jonathan Denis said Wednesday.

Denis said he spoke to the sheriff, who is in hospital in Edmonton waiting for surgery.

Clayton Ness and Jake MacIntyre, both of Whitecourt, face aggravated assault, assault with a weapon, escape from lawful custody and other charges.

They are being held in custody and are to appear in Whitecourt provincial court on March 12. THE CANADIAN PRESS

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Alberta Government

Kids pen letter to minister on bullying law

Debate. Legislation to take effect as part of Alberta Education Act in 2015

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Some of the toughest criticism of Alberta's anti-bullying legislation appears to be coming from its youngest residents.

As part of their social-studies learning, 23 students in a Grade 6 class at Calgary's G.W. Skene School have spent hours debating measures outlined in the new law, including whose responsibility it is to report bullying and what types of punishment abusers should face.

The class came to a consensus on recommendations and penned a letter to Education Minister Jeff Johnson. He later responded, assuring the kids he was taking their feedback under advisement.

New strategies

Other suggestions from the students included forcing bullies to do community service or make up for missed class time in the summer.

"We weren't sure about having kids be responsible for reporting bullying — that's a big responsibility to put on kids," said teacher Kristina Nevelos, who moderated debate over the legislation. "They (students) were also afraid of becoming the next target ... the minister agreed that was something to be considered."

Students like Zul Ehsani, 11, took issue with suspensions imposed on bullies — he fears such measures would provide a "vacation" for tormenters.

"Maybe they should have to do the work at home," he said.

Kendra Boostrom, left, Zul Ehsani and Christine Duong were part of a class that outlined some suggestions for improving impending anti-bullying legislation in a letter to Alberta Education Minister Jeff Johnson. JEREMY NOLAIS/METRO

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Standing tall. Students hear Pink Shirt Day's message loud and clear

If the children who took part in anti-bullying activities in Calgary Wednesday are any indication, the message behind Pink Shirt Day is being well received — at least among the younger generation.

Aditya Baishnob, 9, said he's never been bullied at school and hasn't seen his friends subjected to it, either.

"It's pretty fairly rare," the elementary school student said. "But in high school, it gets more common."

Yajaira Masis, 11, said she has only "kind of" experienced bullying so far in her school and social life.

"One of my friends, she used to be my friend, and then she decided to go hang out with other girls and then she messaged me a rude message so we got into a fight," Masis said.

She and Baishnob were among about 20 children who took part in Pink Shirt Day anti-bullying activities put on by the Boys and Girls Clubs of Calgary.

"It's a perfect fit for us, because we talk about anti-bullying every day in our clubs," said BGCC communications manager Carolyn Luhning.

A key message is to "stop bullying in its tracks," Luhning added, and the kids seemed to take that message to heart.

ROBSON FLETCHER/METRO

An early understanding

"You have to stand up for people who are being bullied.... You can compliment them to make them feel better."

11-year-old Yajaira Masis

Children get ready to enjoy some cake before participating in anti-bullying activities put on by the Boys and Girls Clubs of Calgary for Pink Shirt Day at the Falconridge Community Centre. ROBSON FLETCHER/METRO

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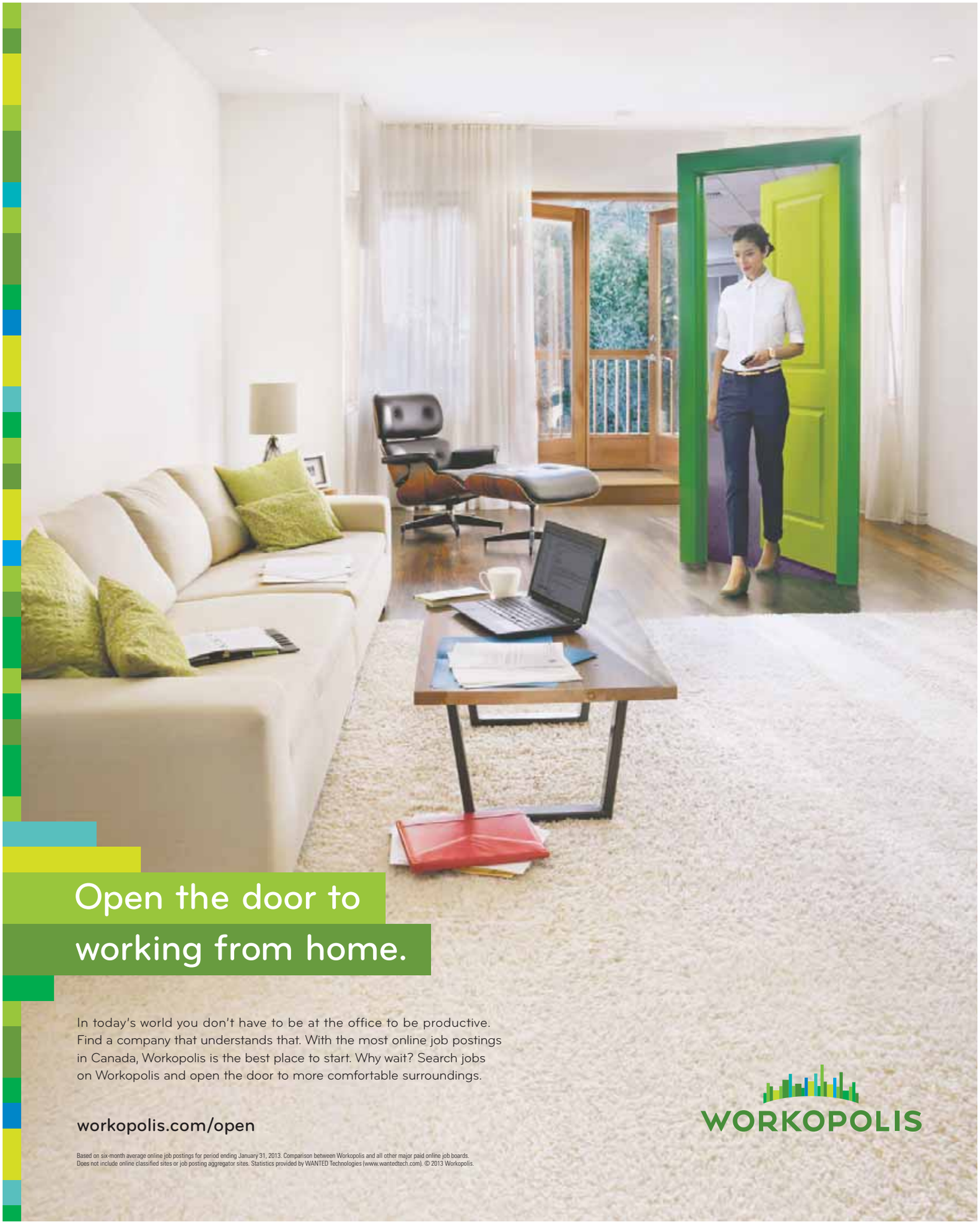

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Redford, Wall make push for Keystone pipeline

Alberta, Saskatchewan premiers team up.
Following Premier Alison Redford's trip to Washington now Premier Brad Wall is set to hit the capital city

Saskatchewan Premier Brad Wall says he's going to Washington next week to not only urge U.S. lawmakers approve the Keystone XL pipeline, but also to highlight green initiatives taking place in his province.

"We need to tell that story," Wall said Wednesday after meeting in Edmonton with Alberta Premier Alison Redford.

Both premiers discussed strategy in what has become a full court press to impress on lawmakers in the United States the importance of the Keystone and Canada's pledge to do what it can to combat climate change.

Premier Alison Redford
METRO FILE PHOTO

"It's important for us is to be co-ordinated," said Redford.

"The first thing we want to do is speak to what Canada's record has been."

Wall's trip to the U.S. capital comes on the heels of Redford's trip to Washington last weekend.

Redford met with 19 state governors to sell the message that the TransCanada Keystone line is good for both economies and will deliver a larger supply of reliable oil south of the border.

Redford has also emphasized that Alberta is doing its part to reduce the climate-changing greenhouse gases that result from carbon intensive projects like the oilsands.

She has stressed that Alberta is the only North American jurisdiction to tax heavy emitters. Alberta is also investing millions of dollars in clean-energy projects and beefing up environmental monitoring of the oilsands. THE CANADIAN PRESS

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Corruption case. Former spy-agency watchdog wanted in fraud probe

The man once entrusted to keep an eye on Canada's spy agency is now wanted by police and extradition procedures are underway in the hope of bringing him back to face criminal charges in this country.

An arrest warrant is out for Arthur Porter, the former head of the CSIS watchdog agency, for alleged fraud in one of the country's most expensive infrastructure projects.

He is among the five people named in arrest warrants issued Wednesday by Quebec's anti-corruption squad, in the case of the $1.3-billion construction of a Montreal mega-hospital.

The others are: Former SNC Lavalin senior executives Pierre Duhaime and Riadh Ben Aissa, Yanai Elbaz, and Jeremy Morris, the administrator of a Bahamas-based investment company.

THE CANADIAN PRESS

Order of Canada

High honour taken from theatre mogul

Disgraced theatre impresario Garth Drabinsky has been stripped of his Order of Canada appointment and is going to court to fight the decision he says is unfair, considering his imprisonment.

Drabinsky was released to a Toronto halfway house earlier this month.

THE CANADIAN PRESS

Recruitment centre

Arrest made in connection to Quebec bombing

A man has been arrested in connection with the bombing of a Canadian Forces recruitment centre in Quebec in 2010, the RCMP said Wednesday. RCMP Cpl. Luc Thibault said four locations that were searched were linked to the Trois-Rivières bombing, which resulted in material damage but no injuries. THE CANADIAN PRESS

Anti-gay activist gets hit with ruling by Canada's top court

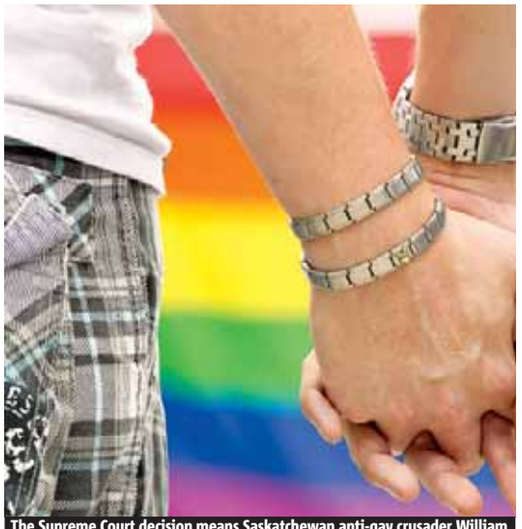
Human rights. William Whatcott rapped for two of four pamphlets he distributed

A Saskatchewan anti-gay crusader violated human-rights rules when he distributed some pamphlets denouncing homosexuals, the Supreme Court of Canada has ruled.

In a unanimous 6-0 decision Wednesday, the court found that two of the four flyers distributed by William Whatcott violated Saskatchewan's Human Rights Code. Those flyers referred to gay men as sodomites and pedophiles.

But the court struck down some language in the provincial code, clearing Whatcott of any wrongdoing in connection with two other flyers.

Whatcott produced and distributed leaflets in 2000 and 2001 that contained inflammatory statements about gay men, prompting complaints to the Saskatchewan Human Rights Commission.



The Supreme Court decision means Saskatchewan anti-gay crusader William Whatcott will have to pay one complainant $2,500 and another $5,000.

MICHAEL REICHEL/THE ASSOCIATED PRESS

A tribunal ruled that Whatcott violated the province's human rights wcode — but that finding was overturned by the Saskatchewan Court of Appeal.

The commission appealed to the Supreme Court, arguing that Whatcott's flyers essentially asserted that gays and lesbians are less than human, exposing them to discrimination.

The high court agreed with respect to two of the flyers, saying they constituted hate-speech under the code.

"The tribunal's conclusions with respect to (the two flyers) were reasonable,'' Justice Marshall Rothstein wrote on behalf of the court.

"Passages of (the flyers) combine many of the hallmarks of hatred identified in the case law.''

The vilifying and derogatory representations used in the flyers created a "tone'' of hatred against homosexuals, said Rothstein.

"It delegitimizes homosexuals by referring to them as filthy or dirty sex addicts and by comparing them to pedophiles, a traditionally reviled group in society,'' he wrote.

Saskatchewan Human Rights Commission chief David Arnot applauded the ruling and thanked the complainants for coming forward "with courage in what was absolutely a sea of hatred to stand up for their rights.''

THE CANADIAN PRESS

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Obesity rates at an all-time high

Obesity maps. Study shows regional rates across Canada, some with 'alarming' numbers

Obesity rates are higher than ever, especially in certain parts of the country, say researchers who have mapped the changes to illustrate how Canadians' waistlines have expanded over time.

Overall, at least one-quarter of Canadian adults have a body-mass index (BMI) of 30 or greater — putting them in the obese category — concludes a comprehensive study that comes complete with "obesity maps."

"Our analysis shows that more Canadians are obese than ever before — on average, between one-fourth and one-third of Canadians are obese, depending on the region," said principal author Carolyn Gotay of the School of Population and Public Health at the University of British Columbia.

Gotay said mapping regional rates provides more than a decade of easy-to-use visual snapshots that should help researchers, policy makers and the public identify where investments are especially needed to fight the obesity epidemic.

"It seems to tell us that certain areas are definitely experiencing more heavy people," she said from Vancouver. "In certain areas, the percentage of people who are obese is alarming and does have implications for healthcare costs and quality of life down the road."

Being obese can lead to cardiovascular disease, diabetes and certain cancers, among them breast, prostate, colorectal and pancreatic.

The study, published Wednesday in the Canadian Journal of Public Health, used self-reported BMI data from the Canadian Community Health Survey, which researchers adjusted to get more accurate obesity estimates. Over the 11-year study period, the researchers found the greatest increases occurred between 2000 and 2007.

THE CANADIAN PRESS

At least a quarter of adults are obese, the study shows. THE CANADIAN PRESS FILE

Hefty cost

$4.6B

The effects of obesity are indeed expensive: In 2008, they were estimated to cost the Canadian economy $4.6 billion, up about 20 per cent from 2000.

Weigh-in

- **Highs.** The Atlantic provinces, Nunavut and the Northwest Territories had the highest obesity rates between 2000 and 2011, with more than 30 per cent of the population estimated to be obese.
- **Lows.** British Columbia had the lowest overall rates, but obesity still increased from less than 20 per cent to almost 25 per cent in that province. In Quebec, the rate stayed at about 24 per cent.

Expert opinion

Results align with health campaigns

Obesity expert Dr. Mark Tremblay, who was not involved in the study, said the maps give "a nice pictorial summary" of current obesity rates region by region.

"You see across time that the colours get darker or more ominous, showing very effectively visually the transition that's occurred in a rather short period of time," he said Wednesday from Ottawa.

The two territories and the Atlantic provinces have had long-standing problems with obesity among their populations, said Tremblay, director of Healthy Active Living and Obesity Research at the Children's Hospital of Eastern Ontario.

"In the (Atlantic provinces), they also tend to be less active and less fit. We don't see that same pattern for the North," he said. "Those trends have been there for a while, so I guess what is concerning is that they're not being resolved."

In the 2011 Active Healthy Kids Canada Report Card, which Tremblay helped pen, the provinces and territories were given an overall C-minus grade for investment in public-health promotion.

B.C. and Quebec led the pack in per-capita investment. Ontario was No. 3, though at a much lower level than the other two, and the fall-off in dollars spent on health promotion continued from there.

While Tremblay is not saying there is a cause and effect between more money spent on promoting a healthy lifestyle and lower obesity rates, "it's interesting that they align."

Principal author Carolyn Gotay hopes the study will encourage regions to look at their individual rates and come up with programs that target the factors that contribute to obesity within their own populations.

THE CANADIAN PRESS

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Swiss to rethink gun laws after pistol rampage

U.S.-style shock. Longtime employee dead after killing two with pistol at company in small town

Fears about U.S.-style mass gun killings gripped Switzerland on Wednesday after a longtime employee opened fire at a wood-processing company.

The shooting left three people dead, including the assailant, in the country's second multiple-fatality shooting in two months.

And it happened as the Swiss parliament prepares to consider tightening some aspects of the country's famously lax gun legislation.

The country has a long-standing tradition for men to keep their military rifles after completing compulsory military service.

Face of despair: Mauro Capozzo, CEO of the company where the shooting took place, reacts at a news conference Wednesday. THE ASSOCIATED PRESS

This partly accounts for the high rate of gun ownership in the country, where some 2.3 million firearms are owned by a population of about eight million.

A referendum to tighten the laws was defeated at the ballot box in 2011.

On Wednesday, the 42-year-old Swiss male arrived at the premises of the company Kronospan, in the small town of Menznau. He drew a pistol and started firing, police said.

Seven people were wounded, six of them seriously.

Officials didn't immediately have further details on the weapon or how the assailant acquired it. They also did not know how the assailant was killed.

"A lot of things are unclear at this stage," said Ida Glanzmann-Hunkeler, a Christian Democrat lawmaker.

Glanzmann-Hunkeler said a proposal will be put before parliament in the coming weeks that would require greater exchange of information between the gun registries kept by Switzerland's 26 cantons.

THE ASSOCIATED PRESS

Horror on New Zealand beach. Police fire at giant shark, but swimmer dies

Police fired gunshots at a monster shark on Wednesday in a desperate attempt to save a swimmer.

The four-metre shark "rolled over and disappeared," said police inspector Shawn Rutene. But the victim, award-winning television and short-film director Adam Strange, 46, didn't survive.

Pio Mose, who was fishing at the popular Muriwai Beach near Auckland, New Zealand, said he saw the swimmer struggle against the huge shark.

He yelled at the man to swim to the rocks, but it was too late.

"All of a sudden there was blood everywhere," Mose said. "I was shaking, scared, panicked."

Rutene said police went out in inflatable lifesaving boats and shot at the shark.

Government shark expert Clinton Duffy said New Zealand is a hot spot for great white sharks.

But other potentially lethal species also inhabit the waters, he said.

THE ASSOCIATED PRESS

Amid a frenzy of spray, police in an inflatable life raft fire shots at a shark as it attacks a swimmer near Auckland, New Zealand. Police said the victim was found dead in the water. ROSS LAND/THE ASSOCIATED PRESS

Pistorius mystery

Was this Oscar's secret — a herbal remedy laced with pig parts?

The substance found in the Blade Runner's bedroom after the shooting death of his girlfriend has been named.

Oscar Pistorius' representatives say it was Testis compositum — a herbal remedy for "muscle recovery."

A product called Testis compositum is also marketed as a sexual enhancer, good for lack of stamina.

Some online retailers advertise oral and injectable forms as testosterone boosters and say it can aid sexual performance.

Tablets sold in the U.S. are said to contain 23 ingredients, including pig testicles, pig heart, pig embryo and pig adrenal gland, cortisone, ginseng and other botanicals.

Paralympic star Pistorius was charged with premeditated murder in the Feb. 14 shooting death of girlfriend Reeva Steenkamp. He says he shot her by accident.

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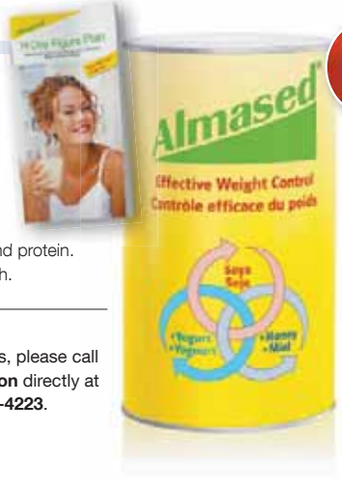

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‘Breathable’ nail polish finds an unexpected niche

Surprise solution.
Product developed as healthier alternative to traditional enamel is a hit with Muslim women

For Zaida Saleh, like for many observant Muslim women, manicures have long posed a religious problem.

With prayers five times a day, and a pre-prayer ritual that requires washing the hands and arms, traditional fingernail polish has been mostly off limits because it prevents water from making contact with the nails. A new “breathable” nail polish by a Polish company, Inglot, is changing that.

The company and some Muslims say the polish is the first of its kind because it lets air and moisture pass through to the nail. A craze has built up around it with Muslim women in recent months after an Islamic scholar in the United States tested its permeability and published an article saying that, in his view, it complies with Muslim law.

A manicure in progress at an Inglot shop in Warsaw, Poland. Since an Islamic scholar wrote that, in his view, Inglot’s O2M nail polish complied with Muslim law, the product has become very popular with Muslim women.
CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

“It’s huge,” said Saleh, a 35-year-old who hadn’t polished her nails in many years but immediately went out and bought the product in five colours, including a bright pink, a burgundy and a mauve. “I am excited. I feel more feminine — and I just love it.”

The news of Inglot’s breathable polish has spread quickly from woman to woman and over the Internet.

The nail polish now stands as one of the final life achievements of Wojciech Inglot, a Polish chemist and entrepreneur who developed it to create what he billed as a healthier alternative to traditional nail enamels, which block the passage of moisture and oxygen to the nail. He died suddenly on Saturday at the age of 57 after suffering internal hemorrhaging.

Though the Muslim holy book, the Qur’an, does not specifically address the issue of nail polish, some Islamic scholars have said that water must touch the surface of the nail for the washing ritual to be done correctly. THE ASSOCIATED PRESS

Go ahead — dunk your phone

If you’ve ever seen how unhappy a cellphone can be when it gets soaked, then you might be concerned about the imminent fate of the device pictured above. But this lucky phone is covered with a nano-coating intended to protect consumer electronics from water damage. P2i, which makes the coating, was demonstrating the product Wednesday at the Mobile World Congress trade show in Barcelona, Spain.
MANU FERNANDEZ/THE ASSOCIATED PRESS

EU trade talks

Canada’s banking system negotiable, document shows

A leaked draft of part of the Canada-Europe trade talks shows Canada’s vaunted banking system is on the negotiating table. The Canadian Press has obtained the Feb. 1 version of the services chapter of the Canada-Europe trade deal circulated to EU states. It shows Canada is struggling to maintain the traditional standards it imposes to protect financial services from foreign control and financial instability.
THE CANADIAN PRESS

Market Minute

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Till space us do part: Tycoon to send married couple to Mars

It is a road trip that could test the best of marriages: Mars. A tycoon announced plans Wednesday to send a middle-aged couple on a privately built spaceship to slingshot around the Red Planet and come back home, hopefully with their bodies and marriage in one piece after 501 days of no-escape togetherness in a cramped capsule.

Under the audacious but bare-bones plan, the spacecraft would blast off less than five years from now and pass within 160 kilometres of the Martian surface. The cost was not disclosed, but outsiders put it at more than $1 billion.

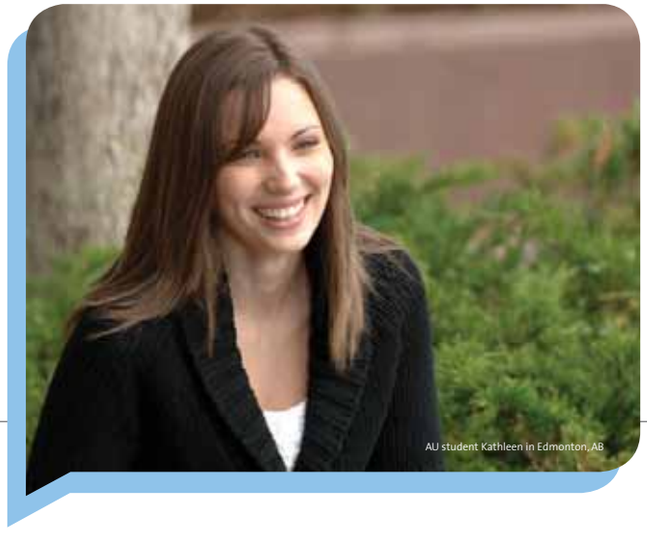
The team of space veterans behind the project hasn’t quite figured out the technical details of the rocket they will use or the capsule the husband-and-wife astronauts will live in during the 16-month voyage. But they know it will be an adventure not for the weak of body or heart.

The trying circumstances include: no showers, limits on toilet paper and clothing, drinking water made from the crew members’ recycled urine and sweat, and almost no privacy.

But the flight also comes with never-before-seen views of Mars. And there’s ample time for zero-gravity sex in space, something NASA doesn’t like to talk about.

The private, non-profit project, called Inspiration Mars, will get initial money from NASA engineer-turned-multi-millionaire investment consultant Dennis Tito, the first space tourist.

NASA, which has talked about sending astronauts to orbit Mars by the mid-2030s, will not be involved in this project. Instead, its backers intend to use a ship built by other aerospace companies, employing an austere design that could take people to Mars for a fraction of what it would cost the space agency to do with robots, officials said.
THE ASSOCIATED PRESS



AU student Kathleen in Edmonton, AB

A rendering of a spacecraft that non-profit group Inspiration Mars wants to send on a mission around the Red Planet and back — with a married couple aboard.
INSPIRATION MARS/THE ASSOCIATED PRESS

Symbolic choice

- As for why a couple will make the flight, “this is very symbolic and we really need it to represent humanity with a man and a woman,” said chief technical officer and potential crew member Taber MacCallum.
- He said if it is a man and a woman on such a long, close-quarters voyage, it makes sense for them to be married so that they can give each other the emotional support they will probably need when they look out the window and see Earth get smaller and more distant: “If that’s not scary, I don’t know what is.”

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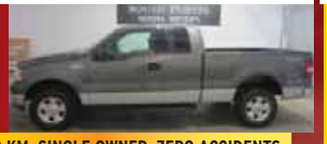

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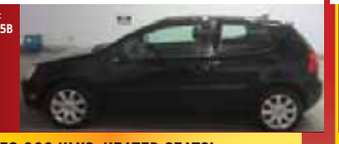

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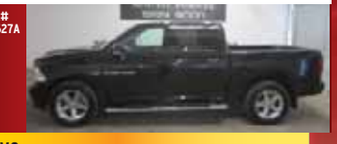

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A GATHERING OF EH?-LIST ACTORS

HE SAYS...
John Mazerolle
metronews.ca

This is the biggest week in the entertainment industry, what with the awards and the stars and the fashions and the national pride: Of course, I'm talking about the first-ever Canadian Screen Awards. What else could I mean?

Oh, right, that Oscars thing.

Hey, the Academy Awards are fine. It's one of the best opportunities to taunt people who are richer, handsomer and more talented than us, and then tsk-tsk their behaviour if they respond with anything but a sexy smile. Such fun.

But shouldn't we get behind Canada's own movies and TV shows just as much as we get behind Hollywood's? This year the Canadian Screen Awards bring the Geminis and Genies together, offering up the coveted Geminenie.

Land of the silver screen ...

I know, I know. You assume that because it's Canadian it must be staid and boring.

I know, I know. You assume that because it's Canadian it must be staid and boring. But I've seen an advanced screening of the awards and I can assure you that, while distinctly Canadian, it also has many familiar echoes of this year's Oscars:

Red carpet. I don't want to give away too much about the glitz and glamour, but David Cronenberg had everybody talking with a sheer blue outfit that left NOTHING to the imagination.

Comedy. The show's host, Martin Short, followed the edgy comedy of recent controversial hosts like Ricky Gervais and Seth MacFarlane, getting in sharp jabs about how he "doesn't care" for the new $20 bill — a sensitive topic (the bill has the Queen on it) that had the audience gasping. After several people called out "Too soon!" Short apologized but kept them smiling with a few digs at the Upper Canada rebellion of 1837, something everybody can appreciate.

Lifetime achievement. On the TV side of things, there was a long standing ovation for Zeddy the Zellers bear, recently retired after more than 25 years of television commercial performances that the Globe and Mail has called "stunning in their intertwined intimacy and ferocity." Kudos, Zeddy.

Big winners. I'm sworn to secrecy, but these were the nominees for Canadian film of the year:

- **Argo.** The story of a Toronto football team that wins the Canadian Football League trophy entirely because of American bravery and ingenuity.
- **Beasts of the Northern Mild.** A young girl must use all her optimism and imagination when nature flies out of whack and hits Toronto with seven centimetres of snow. With the city in chaos and her dad wailing in annoyance, she heads out in search of her mother, who is at a mysterious and distant shopping mall.
- **Clark.** Daniel Day-Lewis stars as the 16th prime minister of Canada in a country torn asunder by both access-to-information legislation and a gas tax. Will it survive? Day-Lewis has earned plaudits for his ability to capture Joe Clark's complete lack of charisma.
- **L'eh Misérables.** In this much-loved musical set against the backdrop of the 1995 referendum, French students from Quebec sing about their doomed fight against the federal government in such well-known numbers as On Our Own, One Vote More and Do You Hear the People Secede? Just like secession talk, it's loud, repetitive and goes on far too long.
- **Zero Dark Thirty in Newfoundland.** The thrilling story of a Canadian secret-ops team that kills its targets a half-hour earlier than other countries.

If you want to know who wins, you'll have to watch this Sunday.

Anything can happen, eh?

Exclusively online

- Read more of John Mazerolle at metronews.ca/voices

She's having a whale of a time

RICCARDO TINELLI

Marine photography

Sea dancing with friendly whales

The thought of swimming next to a 35-tonne humpback whale and its calf in the open ocean would fill anyone with dread, but for French navigator Maud Fontenoy, her mind was at ease.

This amazing image shows the 35-year-old marine activist and mother of one snorkelling beside the whales just off the island of Moorea in French Polynesia. METRO

Q and A

MAUD FONTENOY
French sailor and ocean conservation activist

Humpbacks are harmless

Fontenoy — the first woman to have crossed, by rowing, the North Atlantic Ocean and Pacific Ocean, and now a marine conservation activist for UNESCO — spoke to Metro about her swim.

Amazing photo of you with the whales. Were you not frightened of them?
I was afraid at first, but at the same time I knew straight away that these whales mean no harm and that I was in no danger.

I had to abandon my diving equipment on account of the bubbles produced by the breathing device. The whales are noise-sensitive and the bubbles would have disturbed them. Instead, I used a snorkelling mask and flippers.

How did this aid your efforts in marine conservation?
Each time we can show the beauty of nature, it's a way to make people aware of the similarity between humans and the ocean.

What everyday task can I do to help conserve our oceans?
You can choose to eat fish that aren't endangered. Also, you can help conserve water by using green detergents for your washing machines and avoiding overpackaged plastic items. METRO

Metropolitan Panel

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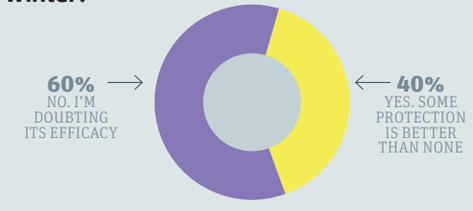
Will you be getting the flu shot next winter?



Twitter

@KingOfTheSnakes: Do you know what #yyc really needs? Another "Irish" pub.

@lufromcalab: Wooo. Fresh train. I think #calgarytransit just pulled this one outa the fridge. #coldseats.

@MarkPolivchuk: To the drunk guys on my train: that's not orange juice in that bottle. You're not fooling anyone. #stayclassycalgary #YYC

@JesslynnParks: You know it's going to be a good workout when the fire department is running the stairs with you. #eyecandy #yyc

@mikesbloggity: Just for irony sake, The Back Alley should be turned into a Sexual Health clinic. #yyc

@Colton_Ness: 2pm and an old guy cracks a keystone on the train... Gotta love #yyctransit! #yyc

metro

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WHERE CALGARY COMES FOR FORD!
Woodridge FORD LINCOLN

Florence and the Machine drummer Christopher Hayden (right) offered to produce Calgary band Reuben and The Dark's upcoming album after meeting singer Reuben Bullock (left) in Mexico in 2011. LISA WILTON\METRO

Reuben and Florence, a match made in Mexico

Christopher Hayden. U.K. drummer and Alberta singer met by chance in Mexico

BACKSTAGE PASS
Lisa Wilton
lisa.wilton@metronews.ca

For five years, Christopher Hayden has toured the globe, playing sold-out shows to thousands of fans in the world's greatest cities as drummer for Grammy nominated British band, Florence and the Machine.

So it must have come as a bit of a shock to find himself dropped into rural Alberta in the middle of a Canadian winter.

"I didn't think I'd ever be here, no," says Hayden with a chuckle.

The London-based percussionist recently spent 10 days holed up at OCL Studios near Chestermere producing the upcoming new album by buzzworthy Calgary act, Reuben and The Dark.

"If you're out in the country you tend to get more done, I suppose," he says. "You're not sidetracked or distracted by other stuff."

Hayden offered to work with the group after meeting frontman, Reuben Bullock, while on holiday in Mexico more than a year ago.

"We just got on," he recalls. "But there was a spark of something musical that I wanted to be a part of, so I offered my services to produce a couple of tracks. He came over to London and stayed with me for about a month and we recorded a couple of tracks."

The initial U.K. recording sessions in February of last year yielded two singles, Shoulder Blade and Standing Still. Touring commitments meant Hayden had to wait until Florence and the Machine's 2013 break before he could produce a full album for Reuben and The Dark.

But the timing couldn't have been better for Bullock.

"We've been pretty proactive and productive over the past year," says the 28-year-old singer, who released his latest full-length CD, Man Made Lakes, last year.

"That album had to happen and run its course before we did this."

Finding a time that worked for both Hayden and the band proved challenging, but Bullock says he was determined to make it work.

"He's got a vision that's really similar to mine, which is the only reason I've gone through all the trouble of working with him," he says.

"We both believe in each other in different ways and share a common dream in the music."

Deets and exclusively online

- Of the 14 songs recorded at OCL Studios, 11 will appear on Reuben and The Dark's upcoming album, Funeral Sky, which is slated for release this summer.
- The band recently signed with high-powered booking agents, The Agency Group, which represents hundreds of artists including The Black Keys, AWOLNATION, Nickelback and Liza Minnelli.
- Bullock and his band — guitarist Shea Alain, drummer Distance Bullock and multi-instrumentalist Scott Munro — are heading to Toronto in March for CMW.
- For a further glimpse into the band's recording process, see the video at metronews.ca

SCENE 2

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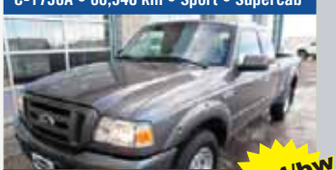

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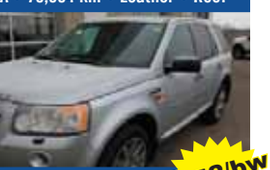

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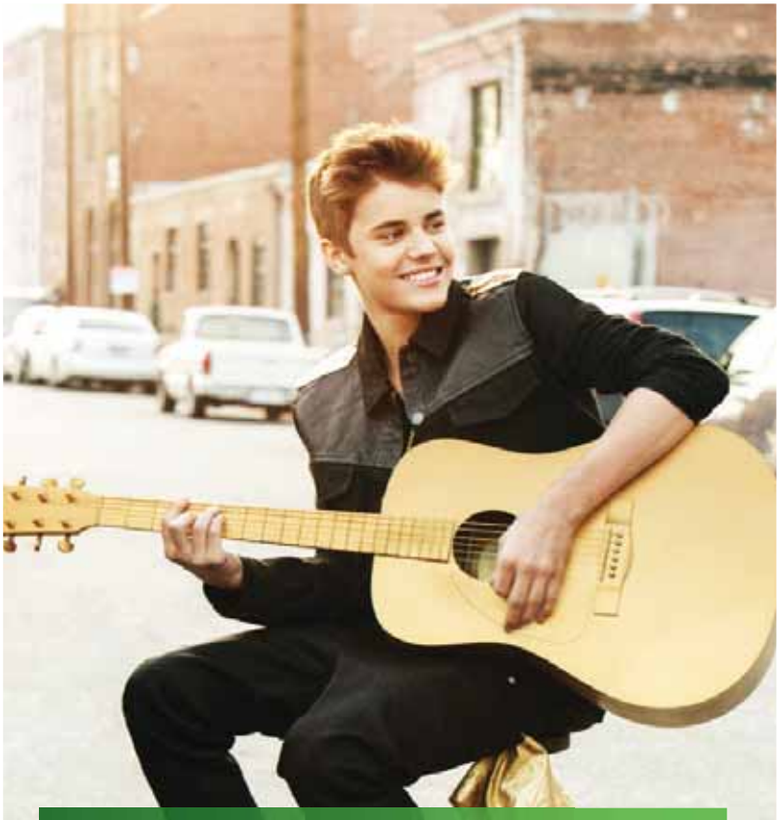

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Justin Chon (right) reacts to a particularly enthusiastic pool shark in 21 & Over. HANDOUT/JOHN JOHNSON

Party at your own risk: 21 & Over actor takes a beating

Justin Chon. Star of raucous new comedy talks drinking games, stereotypes and gags involving the male anatomy

NED EHRBAR
Metro World News in Hollywood

When actor Justin Chon sits down for our interview, he's coughing and looking a little worse for the wear. "I'm good," he insists. "I'm hungover, but I'm good." Promoting a film like 21 & Over — about his college student character's 21st birthday getting out of control, from the writers of The Hangover — can come with its own risks, apparently. But it's all part of the job.

Between being carried around, dropped out windows, Tasered and having a teddy bear glued to your crotch, you're taking the brunt of the abuse in this film.
Yeah. My performance is very much a physical comedic performance, and f—, man. I'm taking a lot of abuse. I mean, my head got hit on doors, I'm getting thrown everywhere.

The worst was (the scene where) we were in a smart car, and I had to be (squashed onto) the f—ing dashboard. To get in like that, I had to twist my neck around. And I'm claustrophobic, so that was the worst.

You also had to do a very painful penis gag, which is a staple for The Hangover guys.
Well, I'm grateful. At least they didn't give me a tiny pee-pee. They were like, "Rest assured, we made you well-endowed." I looked at it and I was like, "Whoa. I don't know if my d— is that skin-tone, but cool."

How are you at drinking games in real life?
I've played them. But I'd much rather just drink, just get to the point. I don't need games. I guess it's just a way of getting people who don't want to drink to drink, but for me I've always been willing. So I'll just get myself drunk. It shouldn't be a punishment. It's a pleasure, it's part of being human. It's part of why we're alive.

Have you seen this movie with an audience yet?
Yeah, I saw a screening with an audience, but I mean, people who go to test screenings, sometimes it's tough to tell because they're kind of willingly going. So I want to see it with an audience who paid money. Because if they're not laughing, we're f—ed.

Suffering for his art

"My head got hit on doors, I'm getting thrown everywhere."

Justin Chon, actor in 21 & Over
explaining the physical demands of his role, which also involves being dropped out of windows and getting Tasered

There's a lot of the humour relating to you being Asian-American. Did anything go too far?
No, and that's what I love about (writers) Jon (Lucas) and Scott (Moore). When we did our first rehearsal, they sat me down and asked me if anything was too far or if anything rubbed me the wrong way. But no, I thought everything was great. I mean, you've got to be able to laugh at yourself. And I think people who take themselves too seriously are just ridiculous. I didn't feel like there were a lot of jokes at the expense of my race.

I've read some of the message boards and they're like, "Great, another stereotype." Dude, this (character) is against the grain. He sucks at school and he likes to party. He's an animal.

So I don't think that's very stereotypical to me. I'm like, "Dude, watch the f—ing movie before you say anything," you know? I'm proud of it. As an Asian-American I think it's a great role, and I fought hard to get it.

MacFarlane crossed the line, say legislators

Oscars. Family Guy creator's comments during awards broadcast condemned for 'reducing women to caricatures'

Two female California state lawmakers have condemned Oscar host Seth MacFarlane's comments during Sunday's awards presentation as degrading toward women and asked the Academy of Motion Picture Arts and Sciences to use better judgment in the future.

Assemblywoman Bonnie Lowenthal and Sen. Hannah-Beth Jackson, both Democrats who lead the Legislature's women's caucus, sent a letter to Academy president Hawk Koch on Tuesday, requesting that the organization disavow MacFarlane's behaviour.

They objected to the comedian's focus on the physical appearance of several actresses and quips about nude scenes.

"Furthermore, there was a disturbing theme about violence against women being acceptable and funny," the lawmakers wrote. "From topical jabs about domestic violence to singing about 'boobs' during a film's rape scene, Seth MacFarlane crossed the line from humour to misogyny."

Misogyny?

"...There was a disturbing theme about violence against women being acceptable and funny."

California state women's caucus leaders Bonnie Lowenthal and Sen. Hannah-Beth Jackson

MacFarlane's performance has drawn fire from critics since Sunday's show. Blogs compiled highlights of his punch lines, which included a song that referenced leading ladies who have bared their breasts on film that were accompanied by reaction shots from those actresses.

He also made light of a domestic violence incident between rapper Chris Brown and singer Rihanna, and joked about the heavy accents of several Latina actresses.

"On Oscar night, when Hollywood seeks to honour its best, Seth MacFarlane's monologue reduced our finest female actresses to caricatures and stereotypes, degrading women as a whole and the filmmaking industry itself," the letter stated.

Academy spokeswoman Toni Thompson had no immediate comment.

THE ASSOCIATED PRESS

Comedian Seth MacFarlane drew criticism for a number of his jokes during the Academy Awards broadcast Sunday. CHRIS PIZZELO/THE ASSOCIATED PRESS

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Never underestimate a romance film's powers of persuasion

Beautiful Creatures. Co-stars needed a second pitch to join the film

NED EHRBAR
Metro World News in Hollywood

It took a lot of convincing for young co-stars Alden Ehrenreich and Alice Englert to sign onto Beautiful Creatures, the movie adaptation of the popular young adult romance novel by Kami Garcia and Margaret Stohl.

In fact, both Ehrenreich and Englert initially passed on the project. "The reason I didn't want to be a part of it was the way that it had been pitched to me—it didn't sound like its own movie," Ehrenreich explains. "It sounded like they were just trying to capitalize on this genre, and because of that it wouldn't be something that was personal."

But a second look at the script and a sit-down with writer-director Richard LaGravenese helped persuade Ehrenreich, who got his start in the 2009 film Tetro, directed by Francis Ford Coppola.

"He kind of explained to me that everyone he had assembled at that point with the cast and the crew, everyone was intent on making a movie like this but in a way that you hadn't seen before and with more intelligence and humour than you usually see," Ehrenreich says. "So that really appealed to me, and then I was just so grateful that I was still able to get in the film."

That initial hesitation to wade into the Twilight-like young adult waters also helped Ehrenreich and British co-star Englert bond.

"We both had a mutual respect I think because of that skepticism we'd both had originally about the project," he says. "And Richard liked that about us and we liked that about each other."

One thing Englert doesn't like, though, is that people keep calling her a poet, thanks to stories LaGravenese has been telling about her.

"I scribble in a notebook. I'm just like a normal 18-year-old girl," she says, apparently downplaying the notion. "This is the thing, I would never possibly be able to say that. I love poetry, I'm very passionate about it, so I'm all the more embarrassed to think that people think I call myself that."

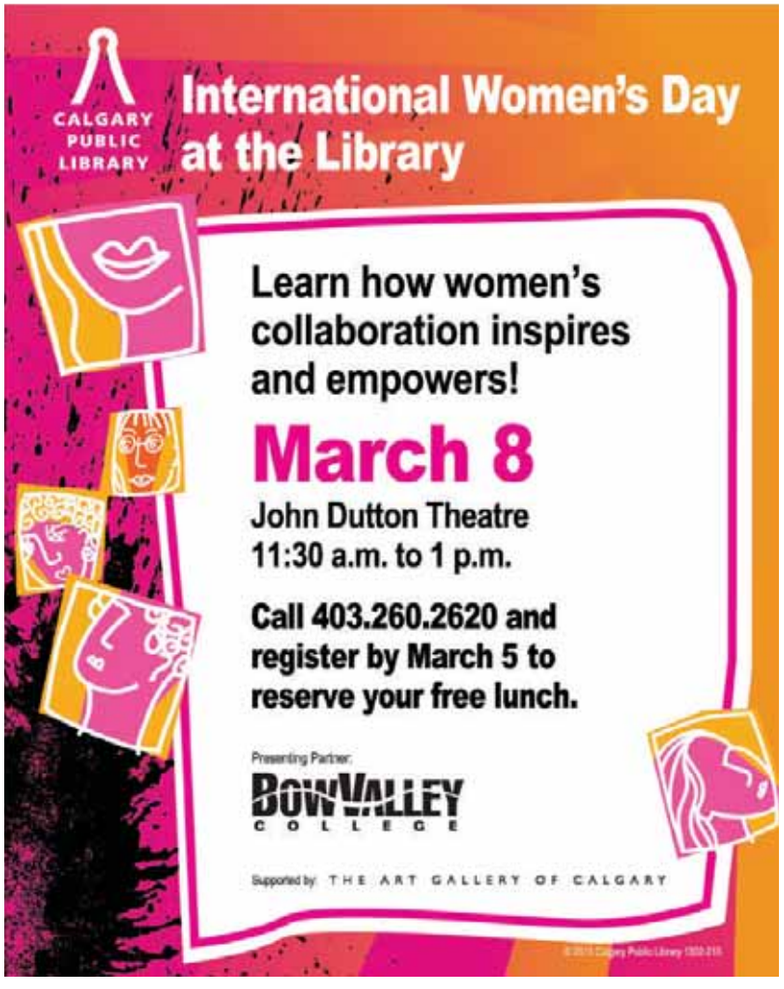
But Englert is definitely a singer-songwriter. A track she wrote while filming the movie made it onto the Beautiful Creatures soundtrack.

Alden Ehrenreich and Alice Englert. HANDOUT

Badly drawn boy

Englert insists she's not the only artist in the cast, citing Ehrenreich's drawing and painting abilities — something LaGravenese boasts of as well. "He does these great ugly drawings of people, which are great," Englert says. "They are. No one looks good in an Alden drawing." Ehrenreich confirms this fact. "No, no one does," he says. "My mom has been very upset with me for them."

"It was amazing. I mean, just like one of those things that you can't really hope for," she says. "I recorded it in the bathroom of the apartment I was staying in the warehouse district of New Orleans on Garageband on a computer. And then Richard heard it and liked it and we re-recorded it, but then he wanted to use my terrible bathroom version. So that's in the film."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Actor turns vain, oversexed character into fan favourite on prime time hit

New Girl. TV show took a chance with over-the-top Schmidt, but Max Greenfield has won over fans and earned award nominations

Max Greenfield, who's been nominated for an Emmy and a Golden Globe for his role as Schmidt on the Fox comedy New Girl, says he isn't worried about being typecast.

The idea makes him laugh.

"I don't think anybody was ever gonna put me in like, Winter's Bone anyway," the 32-year-old actor said in a recent interview. "You know what I mean? I don't think like if they were making a very dramatic, serious movie, they were gonna think, 'You know, I really like Max Greenfield, but Schmidt is just ... it's too much of a THING to put him in that movie.'"

He even took the bit further.

"I don't think they're trying to put me in Saving Private Ryan. 'We're looking for Ryan. (Pauses.) Is that Schmidt?'" he said. "I'm fine. I'm getting to do everything I want to do on this show."

New Girl stars Zooey Deschanel as a young woman with three male roommates, played by Greenfield, Jake Johnson and Lamorne Morris.

Schmidt is a vain, oversexed ladies man with obsessive-compulsive disorder. He makes frequent references to his Jewish heritage. The character could be unlikable, but Greenfield's portrayal of Schmidt makes many viewers root for him.

Quoted

"I don't think anyone was going to put me in like, Winter's Bone anyway."

Max Greenfield on not being worried about whether he is typecast.

Fans tweet Greenfield's lines as Schmidt while the show airs. And Greenfield garners respect from his peers.

"I wanna live in a world where the only person I see or interact with is Schmidt," actress Mindy Kaling tweeted last year. Gwyneth Paltrow wrote in her newsletter, GOOP, that she "fell in TV love" with the character. Greenfield now occasionally contributes to GOOP.

Greenfield worried before New Girl debuted in 2011 that viewers would dislike Schmidt.

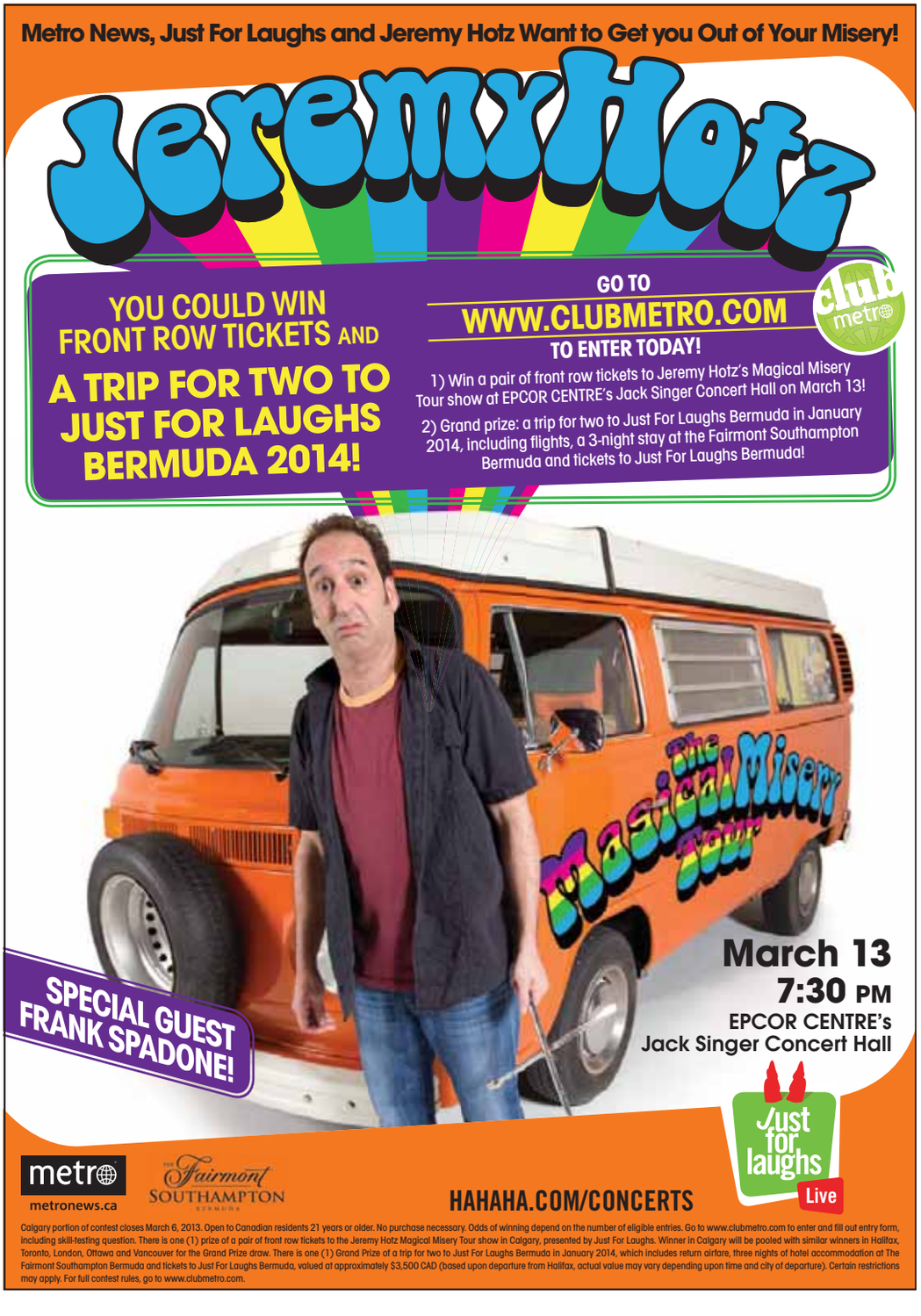
"I thought, 'There's a good chance that I'll never work again after this.' I mean, we've played him in such a way that this could go terribly wrong, and then we started to air and the response was so positive. It kind of affirmed all the things that the writers were doing, all the things that I was doing. I think it said to everyone, 'We're on the same page. We can keep moving forward.' And then they just went crazy with it."

Schmidt's first name hasn't been revealed, and Greenfield hopes it never will be, unless it's done in a clever way, like if the character gets married.

"I'm just thinking of this now, but what a smart move this would be. 'Will you (first name) Schmidt take ... ' and that's the moment she goes, 'That's your first name?' That would be a nice moment. Under a chuppah."

THE ASSOCIATED PRESS

Actor Max Greenfield from the Fox comedy series New Girl.
DAN HALLMAN/THE ASSOCIATED PRESS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Carrie Fisher lands in hospital after strange cruise ship mishap

Star Wars star Carrie Fisher was reportedly hospitalized following a bizarre surprise appearance on a cruise ship, according to TMZ. "There was a medical incident related to Carrie Fisher's bipolar disorder," her rep says. "She went to hospital briefly to adjust her medication and is feeling much better now." Attendees at the show report that Fisher was meandering about on stage, rambling incoherently and singing off-key while her dog relieved itself next to her.

Carrie Fisher

Michael Sheen and Rachel McAdams ALL PHOTOS GETTY IMAGES

Another one bites the dust

Rachel McAdams and Michael Sheen have reportedly called it quits after more than two years of dating, according to Us Weekly. McAdams and Sheen first met while filming Woody Allen's Midnight in Paris together, though they didn't begin dating until later. "Michael and I didn't get together while we were filming Midnight in Paris, which I feel strongly about not doing when I'm working," McAdams told Stella magazine last year. "We became quite good friends, which I think is a great way to start." There was no word as to what led to their breakup. McAdams previously dated Ryan Gosling for two years after co-starring with him in The Notebook.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Are Hemsworth and Cyrus done? Is Jones to blame?

THE WORD
Dorothy Robinson
scene@metronews.ca

Attention Liam Hemsworth. If you're going to cheat on fiancée Miley Cyrus, don't do it at the Chateau Marmont. The Los Angeles hotel swarms daily with paparazzi and gossips; it's akin to taking out a billboard on I-95. Here's the dirt: Hemsworth (a.k.a. Mr. Miley To-Be) was seen getting "hot and heavy" with January Jones at a pre-Oscar party over the weekend, per Star magazine. "It looked like they had some hot chemistry," an eyewitness told the rag. "They were all over each other — and they even kissed!" For her part, Cyrus showed up at the Elton John AIDS Foundation's viewing party sans date on Sunday and "was all over the place" (code for wasted). So what does this mean? I'm not sure. All I know is that Hemsworth is 23, while Cyrus is 20. Sounds like appropriate behaviour for people barely out of their teens.

Twitter

@katyperry
If I were a cookie, I would be a thin mint girl scout cookie. FYI

@LilTunechi
Dam pit bull bro I thought u was kool.

@johncusack
Spell check hates me - always has

@RebelWilson
I got action onset with @channingtatum today. He is pure man steak luscious

Jennifer Lawrence

Is Jennifer Lawrence complaining?

There's no rest in sight for Oscar winner Jennifer Lawrence, who got right back in Hunger Games mode the day after nabbing a best actress statue. After filming the next film in the successful franchise, she's set to reteam with Silver Linings Playbook co-star Bradley Cooper and director David O. Russell in an FBI drama before putting on blue body paint for the next X-Men movie, which begins shooting in May. But all Lawrence wants to do is chill out. "I want to sit on my couch and drink and not change my pants for days," she tells E! News.

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While the start of the new season is still several weeks away, there's no reason you can't leap ahead on the calendar — at least fashionably speaking — by adding a touch of spring style to your winter wear. LouLou style editor Claude Laframboise says spring pieces are great for layering during winter, like wearing sleeveless or short-sleeved tops under jackets or cardigans. Here are five ways to dial up the warmth in your cold-weather looks.

THE CANADIAN PRESS

Spring into winter

Pretty prints

It wouldn't be spring without a little flower power, and fashionable florals will once again be in full bloom — with a stylized update, of course. "What's newer is the bigger-scale floral print as opposed to the small dainty one," said Laframboise.

Many prints are also drawing inspiration from digital imagery, making them appear pixelated, reminiscent of an abstract print, he noted.

Torn between sporting stripes or polka dots? No need to choose when you can wear different patterns together.

Laframboise said the mixing of prints was an evolution of colour blocking, which involves teaming distinctive bright hues within one ensemble.

Individuals can get a jump start on spring now by trying their hand at combining seemingly contrasting prints — keeping in mind that complementary colours are key.

Black and white

The classic colour pairing made a splash on the spring runways and may be among the easiest trends to work into your wardrobe.

"It's not about wearing a white shirt and black pants," said Laframboise. "It's really about wearing a striped top with solid pants, or a crisp white shirt, but with a patterned skirt that would be black and white."

Laframboise said the pairing also acts as a good base for bright hues, like teaming a black-and-white striped top with another on-trend item like electric blue or hot pink jeans.

Expect to see many of the season's key prints like stripes, polka dots and floral prints steeped in black and white, he said.

Laframboise suggested opting for a heavier-weight striped jersey dress now, or perhaps sporting a silky, polka-dotted top under a jacket and wear it standalone in spring.

Bright and light

Vibrant hues that coloured last year's spring fashions continue to be a strong theme heading into the warmer months. But no need to feel stuck on selecting one "it" colour. There's a full spectrum of bold shades to choose from.

"Some colours stick out," said Laframboise. There's a lot of hot pink, hot orange, turquoise and electric blue.

"But it's not one of those seasons where there's one colour you must get. It's all about colour as a whole."

An easy way to adopt the trend without sacrificing comfort is to consider opting for a brightly-coloured pair of jeans, said Laframboise.

Neon not your flavour? Laframboise said pastel hues — a tried and true springtime staple — are still in vogue, notably softer shades like pale blues and yellows.

Finishing touches

From a coral clutch to a checkered handbag, some of the hot colour and pattern trends in apparel are translating to accessories.

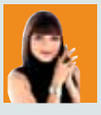
Mixed metal statement jewelry is emerging for spring, with everything from rhinestones to neon colours in the mix, said Laframboise.

Consider pairing your statement necklace with a T-shirt and jeans, or even overtop a collared shirt that has been fully buttoned up, he suggested.

"It's gone from being something dressy that you have at night to the other way around."

A model wears a bird print top ($36), skinny leg denim ($46), bracelets ($10) and a wedge sandal ($40) from Reitmans.
THE CANADIAN PRESS

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE.

@Jeanne_Beker: Getting a special achievement award at Cdn Screen Awards. If YOU had to thank someone for what you've achieved who would it be? Why?

@MamaGose: you have great style girl love you

@cedricgigoux: a lot of people, and you being one of them. I have been following you since my childhood on Fashion Television. Love you.

@HumberAlumni: Congrats on the Academy Achievement Award (for exceptional contributions to Canadian TV) #FashionTelevision

@hrhnikkiawesome: congrats darling! And I'd thank YOU for being such an awesome influence

The Kit

Canadian street style

Spotted in: Vancouver

Kiks Chua,
Graphic Designer
Age: 25

What she's wearing
J. Crew coat, self-made scarf, Everlane tank, Mango skirt, American Apparel tights, Dr. Martens boots

Her inspiration
"I'm a summer dresser so I wear summer pieces all year round under my coats with slight variation. It works!"

THE KIT PHOTOBLOGGER: M'C KENNETH LICON, LITTLEFASHIONISTO.COM

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Flip your condo with style

Staging. Putting your home on the market? Get your condo ready for resale with some designer touches

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

We all know the rules when prepping your home for resale: de-clutter, remove personal items and clean. However there are more things you can do to make your home the talk of your building.

Now, you can always hire a home stager (usually recommended from the selling agent) to help, but as your trusted decorator expert, I'll share my own tricks of the trade to get your place appealing to a new buyer.

Buy accessories that compliment the space you are selling, and not what you think is trendy at the moment.

Putting your decor trademark on a space is not going to make buyers see the potential of owning it themselves.

For instance, if you live in a modern condo with concrete ceilings and floor-to-ceiling windows, choose a few strong industrial accents to play up those features: tall clear glass vases, a factory cart coffee table and vintage metal cappuccino maker will help give off that urban vice.

As harsh as this may be, paint away your personality with an updated neutral wall colour. Choose a colour that works with your floor and not necessarily your existing furniture in case you've already moved out and a potential buyer only has the walls and floors to see.

The right colour will ensure that without furnishings the space still looks co-ordinated and tied together. Trick: choose a paint colour that is two shades lighter than the colouring in the floors.

This will make the entire space visually flow, feel bigger and more tied together. Always sway toward cooler tones over warmer ones. Cool tones reflect more light and are less claustrophobic.

In an empty, open-concept space, use area carpets to define living areas. This way potential buyers can imagine a living, dining and office working for them in such an open area.

Choose your view to help with the sell. Install woven scrim shades to hide a bad view yet let light into the room. If you have a great city view then keep the shades up to show it off. Any window in a bathroom or bedroom should offer a privacy shade.

Lower your artwork. Buyers want spaces with high ceilings so by lowering your artwork the ceilings look taller. Simply lower everything two inches — ideally, the middle of your artwork should be 66 inches off the floor.

This is a great trick in condos and lower-level spaces that might only have standard height ceilings.

A new sink, faucet and trend-setting laminate countertop can take 10 years off the age of your kitchen. A chrome restaurant-inspired faucet and dark grey soapstone/concrete coloured counters are always good choices in urban spaces.

Don't invest in having a kitchen renovated for resale; offer the cost of a kitchen reno to reflect in the selling price and let the new homeowner customize the kitchen of their dreams.

Choose the largest closet and pimp it out. A front hall or main bedroom closet fitted with dark wood shelving inserts and fancy rods will always impress a potential buyer.

Install a battery-operated motion light inside the closet. Not only will your closet impress a potential buyer but it will make the closet feel organized and bright.

Don't leave a boot tray or a Remove Shoes sign at the front door. Once a potential buyer enters they should feel as if they already own it.

Placing personal messages and signs around make the buyer feel that you still have a presence in the space.

One trendy countertop appliance can set the tone for a fabulous lifestyle to potential buyers. Nespresso's Maestria Creama C Five Hundred Crema, $550, thebay.com.

Brighten up a dark closet interior or kitchen counter with an LED stick-up motion light. Sylvania Dot It Golden Dragon Motion Light, $15, homedepot.ca.

A modern faucet teamed with a trend-setting laminate counter top are inexpensive ways to update a kitchen. Ikea's Budskar Kitchen Faucet, $149, ikea.ca.

Add simple, woven shades to offer privacy or help diffuse an undesirable view without sacrificing natural light. Alustra Screen Shades, hunterdouglas.ca.

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The super substance that is unstoppable: vinegar

How can I clean every room with vinegar?

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

Since there are 1,001 uses for vinegar, you might think there's nothing it can't do. Not true. Vinegar cannot solve world hunger. Nor can it phone your grandmother every Sunday. Short of that, this super substance is practically unstoppable. Especially when it comes to cleaning.

The high acidity level makes vinegar effective for killing mould, bacteria and germs. Regular distilled white vinegar is more than sufficient for most jobs, but for really gross messes, get extra punch by increasing the acidity — pickling vinegar, for example, has seven per cent acidity instead of the average five per cent.

Vinegar in the kitchen
Freshen sponges and dishrags by soaking them overnight in a 1/4 cup of white distilled vinegar and just enough water to cover them. Throw them in the wash and they're as good as new.

Remove soap buildup and odours from the dishwasher by running an empty machine with one cup of white distilled vinegar. Similarly, loosen grime and tackle microwave odour by bringing a bowl of vinegar and water solution to a rolling boil in the microwave for three minutes.

Vinegar in the bathroom
Remove soap buildup with a non-toxic scouring solution. Mix one part salt to four parts white distilled vinegar and say goodbye to soap scum naturally.

Deodorize the toilet bowl and leave it sparkling by soaking the basin with three cups white distilled vinegar for half an hour before scrubbing and flushing

When the bathroom's clean, apply vinegar's magic to your head! Fight dandruff naturally by massaging vinegar into your scalp. Results beat the store-bought shampoos.

Vinegar in the living room
Enjoy crystal-clear windows with equal parts vinegar and water. The first time you try this, chemical residue from your old cleaner might leave streaks. Cut through the grime by spraying with undiluted vinegar.

Restore bright colours to your carpet by brushing on a vinegar solution. Mix one cup white distilled vinegar to every four litres of water. (Best to spot test in an out-of-sight corner.)

Vinegar in the laundry room
Reduce static without chemical-laden dryer sheets by adding half a cup of vinegar to the rinse cycle of your washing machine. As an added benefit, this will preserve the colour of your clothes!

Restore the white to stained socks and dull dishcloths by boiling them briefly in a large pot of water with one cup white distilled vinegar. Let them soak overnight and wash normally.

What can't vinegar do? ISTOCK IMAGES

Vinegar in the kid's room
To clean and disinfect all of the kids' toys, add a good-sized splash of white distilled vinegar to soapy water.

Can you literally see the smell? Could be a problem. ISTOCK IMAGES

Help! It smells in here!

I don't know what to do with the odours in shoes, suitcases and sporting equipment bags. They're driving me crazy. Any ideas or suggestions?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Well I do understand that odours can be disruptive and annoying, so let's look at your list, starting with shoes. If it is a running shoe, then a small sprinkle of baking soda in each shoe will help absorb the odour caused by moisture. Drying antistatic sheets will also help.

But take a good look at the shoes. Running shoes in particular do have a life span and once they are done they are done. Suitcases are always great with a dryer antistatic sheet, but after a long trip, always leave the suitcase open for a day or two to fully air it out.

And finally sports equipment bags also need to be aired out regularly and the sports equipment needs to be washed after each and every use.

I know that sounds like a lot of work, but this is really important to keep the bacteria level down, which reduces odour and avoids skin irritations.

But remember, it's essential that you deal with the odour source and get rid of it, not just mask it with fake perfume smells.

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Versatile. The wax surface technique can be used on two-dimensional art or with 3D works

This undated publicity photo provided by Interweave/F+W Media shows artist Daniella Woolf's piece, Stroganoff, in which she preserved her mother's recipes by stitching the cards together and dipping or brushing the ensemble with a wax medium. INTERWEAVE/F+W MEDIA, JOE COCA/THE ASSOCIATED PRESS

Denver artist Jamie Lang sold nearly all of his small, handmade tiles during a recent crafts show, and he can only guess the reasons why. The adobe tiles are minimally decorated — with a red bicycle or a solitary house — and covered with a thin, smooth layer of wax.

"It was new, something different," Lang said after the show in Boulder, Colo., while other artists packed up their wares to take home.

Lang works in encaustic, an ancient medium of pigment and hot wax that's resurging in popularity.

The wax technique dates to at least the first century AD, according to Lissa Rankin in her book Encaustic Art. Its popularity waned during the Middle Ages and Renaissance with the rise of tempera paints, but was revived during the mid-18th century, says Rankin. Painters Paul Gauguin and Georges Seurat were among those experimenting with it. In the 20th century, encaustic was featured in painter Jasper Johns' work, including his iconic Flag.

Encaustic involves heating beeswax and damar resin, often with added colour, and either pouring or painting the mixture onto a surface. The tree resin helps harden and stabilize the wax. An encaustic surface can be two-dimensional, such as wood or paper, or 3D.

Daniella Woolf, 65, an artist in Santa Cruz, Calif., says she discovered encaustic a decade ago and "completely fell in love with it." Its versatility makes it the "glue" that holds disparate mediums together, says Woolf, author of The Encaustic Studio.

Encaustic can be unpredictable and unwieldy, but that adds an element of surprise and mystique to the results.

The technique can be combined with anything from oil and watercolour paints to chalk, ink, photo transfers and fabric — even plaster and three-dimensional objects. Colours are mixed into or suspended in the wax, while objects are imbedded.

The encaustic process is not for the faint of heart. There are some basic safety precautions. The wax medium becomes molten hot when it's ready to use, and if its temperature rises above 200 F, the fumes become toxic.

For this reason, Lang, Woolf and Rankin work in well-ventilated studios. Each recommends having open windows and a fan near the workspace.

"Once (the beeswax and resin) melts down and cools, it's past (having) any kind of the toxic element to it," says Lang.

Additionally, because encaustic involves fusing one layer of wax on top of one or more other layers, a heat source is needed. Woolf uses an open-flame torch. Heat guns and even some irons — specific to the task, not clothes irons — also work. Woolf recommends experimenting to find the equipment that works best. Her book lists basic supplies, as does Rankin's.

"Used carefully, encaustic is safe, natural, luminous, versatile and a great way to either start painting or open up your creativity if you're an experienced artist," says Rankin, of Marin County, Calif.

Encaustic paint starter kits — the colour is pre-mixed with the wax and resin — are available online. Woolf and Lang buy their paint supplies from R&F Handmade Paints' online store. Woolf also teaches workshops for the Kingston, N.Y., paint manufacturer.

THE ASSOCIATED PRESS

Other artists' testimonials

"The medium does things you're not totally expecting. You do have some say in the matter, but there's a 'miraculousness' to it." Nadine Swahnberg, a Denver, artist and minister.

"Encaustic is fun to do and the product is mysterious and beautiful. I love the great depth you can achieve ... when stuff is about three layers down, it takes on a whole new meaning." Susan Garwood, a Lincoln, Neb., artist.

"I love it because it allows me to scratch into the surface to discover the image rather than build it in the traditional way." Mona Marshall of Austin, Texas

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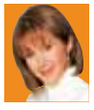
A complete meal contained in one hearty bowl of soup



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This is a great soup for the family. It's a complete meal in a bowl.

Try using ground chicken, turkey or pork instead of beef. Remember to add an extra tablespoon of bread crumbs if you're using chicken or turkey.

1. Meatballs: combine ground beef, bread crumbs, barbecue sauce, egg, garlic, basil and 2 tbsp of the Parmesan cheese. Form into 1-inch meatballs (you should have enough for about 24 meatballs). Lightly coat nonstick skillet with cooking spray and set over medium heat. Cook the meatballs for about 5 minutes, turning occasionally or until they are browned on all sides. Set aside.

2. To make the soup, lightly coat a large, nonstick pot with cooking spray. Add the oil and set over medium heat. Add the onion and garlic and sauté for 5 minutes or until just softened and browned. Stir in the green pepper and carrots and cook for 3 minutes. Stir in the stock, tomato sauce, tomato paste, chili powder and browned meatballs. Bring to a boil, and then reduce the heat to low and simmer, covered, for 15 minutes.

3. Stir in the pasta and simmer for 5 minutes or until the pasta is tender. Serve the soup in bowls, and garnish with remaining 1/4 cup Parmesan cheese.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Meatball and Pasta Soup

This recipe serves six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Meatballs
- 6 oz lean ground beef
- 3 tbsp seasoned dry bread crumbs
- 2 tbsp barbecue sauce
- 1 egg
- 1 tsp finely chopped garlic
- 1/2 tsp dried basil
- 2 tbsp Parmesan cheese

Soup
- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped garlic
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped carrots
- 3 1/2 cups beef (or chicken) stock
- 2 cups tomato pasta sauce
- 2 tbsp tomato paste
- 1 tsp chili powder
- 1 cup egg noodle pasta
- 1/4 cup grated Parmesan cheese

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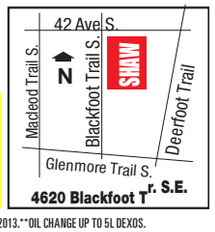

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NHL

Canucks lose Kesler to foot injury

Ryan Kesler's return to the Vancouver Canucks lineup lasted just seven games.

The Canucks announced Wednesday that their second-line centre has a broken right foot and could be sidelined for up to six weeks. Canucks coach Alain Vigneault told reporters the fracture showed up on a CT scan Wednesday morning.

Vigneault did not say exactly when the injury occurred, but indicated that Kesler may have played with it before the results of the CT scan revealed the fracture. THE CANADIAN PRESS

World Baseball Classic

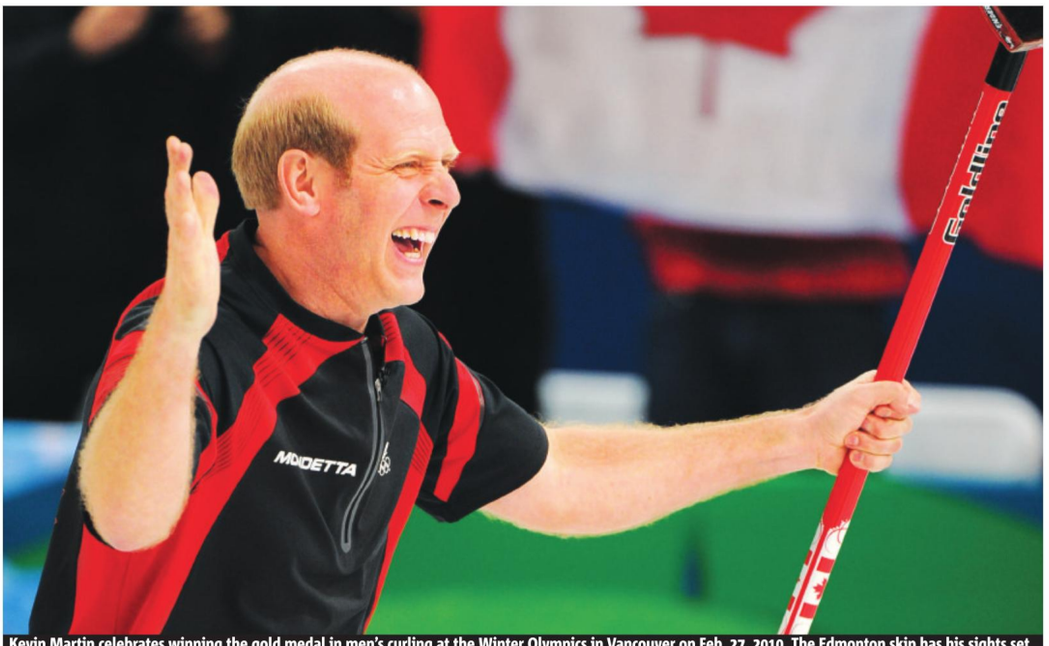
Canada names its starting pitchers

Canada has named its three starting pitchers for the first round of the World Baseball Classic (WBC).

Baseball Canada's Greg Hamilton says Chris Leroux, Shawn Hill and Scott Mathieson will take the mound next week against Italy, Mexico and the United States.

Canada, which opens the WBC against Italy on March 8 in Arizona, before facing Mexico on March 9 and the United States on March 10, has yet to decide which teams the starters will pitch against.
THE CANADIAN PRESS

Pittsburgh Pirates relief pitcher Chris Leroux THE CANADIAN PRESS



Kevin Martin celebrates winning the gold medal in men's curling at the Winter Olympics in Vancouver on Feb. 27, 2010. The Edmonton skip has his sights set on winning the Brier in his hometown. TORSTAR NEWS SERVICE FILE

Passion still burns in seasoned skip

Curling. Four-time Brier champ Martin looks to win Canadian title in his hometown

Kevin Martin has won everything there is to win in curling, several times over in some cases.

The 46-year-old skip from Edmonton has Olympic gold and silver medals, four Canadian championships and a world championship on his resumé, plus 17 Grand Slam victories on the World Curling Tour.

So what drives him in the sport now?

"I still really enjoy a good tough game, win or lose," Martin said. "It's tough in games that don't mean a lot, but the big ones ... those are the games that are fun for me still.

"As long as I really enjoy it, deep down really can't wait to play, I'll play. Once you don't feel like that, your days are done. I haven't got that yet."

The 2013 Tim Hortons Brier opens Saturday at Rexall Place. Martin's team out of Edmonton's Saville Centre represents the host province.

What's new for Martin is the opportunity to win a Canadian title in his hometown, having never played before at a Brier in Edmonton.

He did win the Olympic trials at Rexall Place in 2009 for the right to represent Canada at the 2010 Olympic Winter Games in Vancouver and Whistler.

Martin, third John Morris, second Marc Kennedy and lead Ben Hebert won gold in Vancouver. They'll be the darlings of this Brier as both the host team and the reigning Olympic champions.

Martin can also become the first skip to win five Canadian titles, surpassing Saskatchewan's Ernie Richardson and fellow Albertan Randy Ferbey at four.

Two of Martin's four previous Brier titles were won in Alberta, but both in Calgary.

"I think the Brier is going to be loud, a lot of fun and I think the crowd is going to be really into it," Martin said.

"It's Canada's biggest party if the Grey Cup's not. The two biggest parties in Canada are the Grey Cup and the Brier."

Alberta's Martin, defending champion Glenn Howard of Ontario and three-time winner Jeff Stoughton of Manitoba are the headliners of the 12-team field.
THE CANADIAN PRESS

What's at stake?

The winner of the Brier final on March 10 represents Canada at the Ford Men's World Championship in Victoria from March 30 to April 7.

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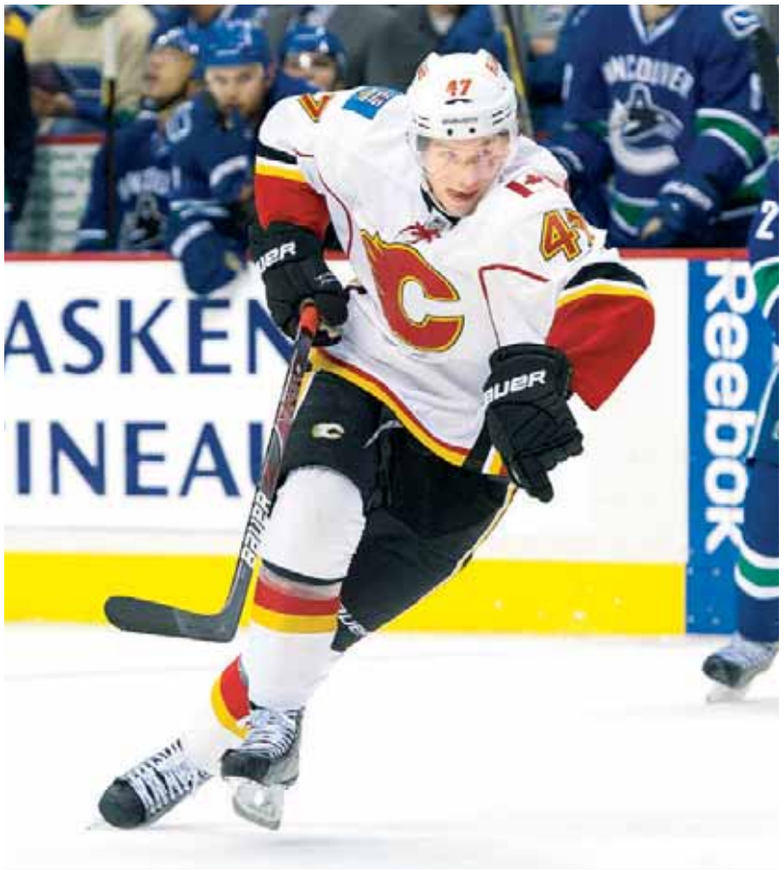


Forward Sven Baertschi is one Flames youngster with a promising NHL futures. RICH LAM/GETTY IMAGES

Flames slowly bringing youth back into the equation

THE HOCKEY NEWS
Brian Costello
calgary@metronews.ca

It's sadly ironic that in the land of pipelines, the Calgary Flames have long been regarded as having one of the worst in the system.

Regenerating its resources is the lifeblood of every NHL team. Drafting talent and developing prospects in the pipeline not only helps a team become successful, it ensures the energy is renewable for years to come.

The Flames have failed miserably at drafting and developing for more than 25 years. Other than Dion Phaneuf in 2003, Derek Morris in 1996 and Cory Stillman in 1992, Calgary's first picks since 1985 failed to meet expectations. It's almost a rite of passage to see the first-rounders underwhelm. That's not new information, but it does explain some things.

In working on The Hockey News' Future Watch special edition the past 20 years, I've come to expect our panel of 15-plus scouts to rank Calgary's crop of prospects near the bottom of the league. It became profoundly pronounced in the Darryl Sutter era. Under third-year GM Jay Feaster, we are seeing a change. But it does take a lot of time to turn around a listing battleship.

In Future Watch 2013 — just released this week — the Flames rank 27th in terms of its top 10 prospects and 21-and-under NHLers. That's an improvement from 29th in 2012. Calgary's rank in recent years was 27th in 2011, 23rd in 2010, 26th in 2009 and 25th in 2008. No wonder there's a dearth of home-grown talent in the lineup.

Makes you realize the seductive powers Sutter possessed in retaining his job in his latter years with the Flames.

Good news? Feaster, assistant GM John Weisbrod and scouts have placed a greater emphasis on scouting, and just as importantly, developing. Too early to tell if that's bearing fruit, but there are encouraging signs. Calgary's draft class of 2011 — Feaster's first with the Flames — has a good chance to evolve into an extremely rare five-for-five.

Sven Baertschi was ranked 15th in Future Watch's top 50 prospect list, Tyler Wotherspoon, Johnny Gaudreau and goalie Laurent Brossoit are all blue-chippers within a few years of NHL duty and Finn Markus Granlund has good bloodlines and decent upside. And Calgary's seven picks from the 2012 draft, led by first-rounder Mark Jankowski, got solid reviews from our panel of scouts.

The battleship is starting to turn.

NBA

Raptors cough one up to hobbled Cavs

Rookie Dion Waiters scored 23 points, Shaun Livingston added 15 and the Cleveland Cavaliers overcame a horrendous start and playing without injured All-Star Kyrie Irving for the second straight game, beating the Toronto Raptors 103-92 on Wednesday night.

The Cavs made only one of their first 15 shots, but recovered and finished February at 7-5, their first winning month since March 2010, when LeBron James was still around.

Wayne Ellington added 13 points and Luke Walton had seven rebounds and seven assists for the Cavs, who closed with a 10-2 run.

DeMar DeRozan scored 34 and Rudy Gay had 24 for the Raptors.

Irving sat out with a hyperextended right knee, an injury he sustained in practice. THE ASSOCIATED PRESS

DeMar DeRozan scored 34 points in the loss. THE ASSOCIATED PRESS

NFL combine. League to probe if player was asked about sexual orientation

The NFL says it will look into whether questions asked of Colorado tight end Nick Kasa at the combine violated any laws or league policies banning employers from inquiring about a possible employee's sexual orientation.

Kasa told ESPN Radio in Denver that during interviews with team officials at the combine in Indianapolis: "(Teams) ask you, like, 'Do you have a girlfriend?' 'Are you married?' 'Do you like girls?'"

He did not identify who asked him such questions.

On Wednesday, Kasa said on the Dan Patrick Show he didn't think it "was really a serious question."

The NFL says it will look into Kasa's comments and that "any team or employee that inquires about impermissible subjects or makes an employment decision based on such factors is subject to league discipline."

DeMaurice Smith, the head of the NFL players association, said in a statement: "I hope that (the NFL) will seek out information as to what teams have engaged in this type of discrimination and we should then discuss appropriate discipline." THE ASSOCIATED PRESS

Colorado Buffaloes tight end Nick Kasa tries to make a catch against the Stanford Cardinal Nov. 3, 2012, in Boulder, Colo. DOUG PENSINGER/GETTY IMAGES FILE

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	41	14	.745	—
Indiana	36	21	.632	6
New York	34	20	.630	6 1/2
Atlanta	33	23	.589	8 1/2
Brooklyn	34	24	.586	8 1/2
Chicago	32	25	.561	10
Boston	30	27	.526	12
Milwaukee	28	28	.500	13 1/2
Philadelphia	22	33	.400	19
Toronto	**23**	**35**	**.397**	**19 1/2**
Detroit	23	37	.383	20 1/2
Cleveland	20	38	.345	22 1/2
Washington	18	38	.321	23 1/2
Orlando	16	42	.276	26 1/2
Charlotte	13	44	.228	29

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	45	14	.763	—
Oklahoma City	42	15	.737	2
L.A. Clippers	41	18	.695	4
Memphis	38	18	.679	5 1/2
Denver	36	22	.621	8 1/2
Golden State	33	25	.569	11 1/2
Utah	31	27	.534	13 1/2
Houston	31	28	.525	14
L.A. Lakers	28	30	.483	16 1/2
Portland	26	30	.464	17 1/2
Dallas	25	32	.439	19
Minnesota	20	34	.370	22 1/2
Phoenix	20	39	.339	25
New Orleans	20	39	.339	25
Sacramento	20	39	.339	25

Note: division leaders ranked in top three positions regardless of winning percentage.

WEDNESDAY'S RESULTS
Sacramento 125 Orlando 101
Cleveland 103 **Toronto 92**
Detroit 96 Washington 95
New York 109 Golden State 105
Milwaukee 110 Houston 107
Oklahoma City 119 New Orleans 74
Memphis 90 Dallas 84
Phoenix 105 San Antonio 101 (OT)
Atlanta 102 Utah 91
Denver at Portland

TUESDAY'S RESULTS
Indiana 108 Golden State 97
Orlando 98 Philadelphia 84
Miami 141 Sacramento 129 (2OT)
Brooklyn 101 New Orleans 97
Cleveland 101 Chicago 98
Milwaukee 95 Dallas 90
Phoenix 84 Minnesota 83 (OT)
L.A. Clippers 106 Charlotte 84

THURSDAY'S GAMES — All Times Eastern
L.A. Clippers at Indiana, 7 p.m.
Philadelphia at Chicago, 8 p.m.
Minnesota at L.A. Lakers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	20	13	7	0	69	54	26
New Jersey	19	10	5	4	48	49	24
Philadelphia	22	10	11	1	64	67	21
NY Rangers	18	8	8	2	44	48	18
NY Islanders	20	8	11	1	57	68	17

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	20	13	4	3	58	43	29
Boston	16	12	2	2	49	35	26
Ottawa	20	12	6	2	48	37	26
Toronto	21	12	9	0	59	51	24
Buffalo	20	7	12	1	50	64	15

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	18	9	8	1	50	54	19
Tampa Bay	19	9	9	1	70	60	19
Winnipeg	19	9	9	1	52	60	19
Florida	19	6	9	4	48	69	16
Washington	19	7	11	1	52	59	15

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	19	16	0	3	61	37	35
Nashville	20	9	6	5	44	47	23
St. Louis	18	10	6	2	55	52	22
Detroit	19	9	7	3	57	54	21
Columbus	20	5	12	3	44	61	13

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	19	10	5	4	54	52	24
Minnesota	18	9	7	2	39	43	20
Calgary	18	7	7	4	49	61	18
Edmonton	18	7	7	4	42	49	18
Colorado	18	7	8	3	44	54	17

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	17	13	3	1	59	47	27
Dallas	20	10	8	2	56	57	22
San Jose	18	9	6	3	44	41	21
Phoenix	19	9	7	3	54	51	21
Los Angeles	17	9	6	2	45	41	20

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

WEDNESDAY'S RESULTS
Philadelphia 4 Washington 1
Montreal 5 Toronto 2
Detroit at Los Angeles
Nashville at Anaheim

TUESDAY'S RESULTS
Winnipeg 4 NY Rangers 3
Dallas 5 Columbus 4 (OT)
Washington 3 Carolina 0
Boston 4 NY Islanders 1
Buffalo 2 Tampa Bay 1
Florida 6 Pittsburgh 4
Minnesota 2 Calgary 1 (OT)
Phoenix 4 Vancouver 2
San Jose 3 Colorado 2 (SO)

THURSDAY'S GAMES — All Times Eastern
Tampa Bay at NY Rangers, 7 p.m.
Toronto at NY Islanders, 7 p.m.
Pittsburgh at Carolina, 7 p.m.
Ottawa at Boston, 7 p.m.
Buffalo at Florida, 7:30 p.m.
New Jersey at Winnipeg, 8 p.m.
Chicago at St. Louis, 8 p.m.
Edmonton at Dallas, 8:30 p.m.
Minnesota at Phoenix, 9 p.m.
Calgary at Colorado, 9 p.m.
Detroit at San Jose, 10:30 p.m.

FRIDAY'S GAMES
Edmonton at St. Louis, 8 p.m.
Columbus at Chicago, 8:30 p.m.
Minnesota at Anaheim, 10 p.m.

CANADIENS 5, MAPLE LEAFS 2

First Period
1. Toronto, McLaren 2 (Brown, McClement) 13:44
2. Montreal, Emelin 1 (Armstrong, Moen) 16:56
Penalties — Brown Tor (Game Misconduct) 19:22, Brown Tor (Check from Behind Major) 19:22.

Second Period
3. Montreal, Pacioretty 5 (Subban, Markov) 4:17 (pp)
4. Toronto, Macarthur 5 (Kadri, Franson) 15:47
Penalties — Emelin Mon (Interference) 19:47.

Third Period
5. Montreal, Gallagher 6 (Gorges, Desharnais) 9:08
6. Montreal, Pacioretty 6 (Desharnais) 14:26
7. Montreal, Gionta 4 (Unassisted) 17:34
Penalties — None.

Shots

Montreal	**11**	**17**	**12—40**
Toronto	**4**	**8**	**11—23**

Goal — Montreal: Price (W, 11-3-2). Toronto: Scrivens (L, 6-6-0).
Power plays (goal-chances) — Montreal: 1-2. Toronto: 0-1.
Referees — Dennis LaRue, Tom Kowal.
Linesmen — Scott Driscoll, Jean Morin.
Attendance — 19,625 (Air Canada Centre).

Horoscopes

♈ Aries
March 21 - April 20
Both the good and the bad points of your personality will stand out in sharp relief today. There is no reason at all why you should disguise your true nature. Others only disapprove because they are jealous.

♉ Taurus
April 21 - May 21
Make a special effort to think before you act today, as you could easily go over the top in some way. Even the most cautious of bulls could say or do things that might damage their reputation, so be careful.

♊ Gemini
May 22 - June 21
Friends and colleagues will do the opposite of what you ask of them today. Now that you know that you know how to get 'round them, don't you? Ask them to do the complete reverse of what it is you want!

♋ Cancer
June 22 - July 23
However tough things may get over the next 24 hours, you must not compromise your principles or show signs of weakness. You may not be in a position of strength but you do possess formidable strength of character.

♌ Leo
July 24 - Aug. 23
If you have moments of self-doubt today don't just ignore them and plow ahead regardless. Listen to what your instincts are trying to tell you and, just this once, be a bit more cautious in your actions.

♍ Virgo
Aug. 24 - Sept. 23
There may be nothing you cannot do if you put your mind to it but it will pay you to be a bit more selective in your goals. Some things come naturally to you and those are the things you should focus on.

♎ Libra
Sept. 24 - Oct. 23
Yes, the truth hurts, but it will hurt even more if you try to avoid it. That applies especially to your career where some kind of setback is likely to annoy you. But what is it trying to teach you?

♏ Scorpio
Oct. 24 - Nov. 22
Your life has become far too complicated and you must find ways to simplify your everyday activities. Forget about all those big ideas swimming around inside your head — get serious about details.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be impulsive by nature but the planets warn if you overdo it between now and the weekend you will need to give yourself a lot of time to recover — time you cannot really afford to waste.

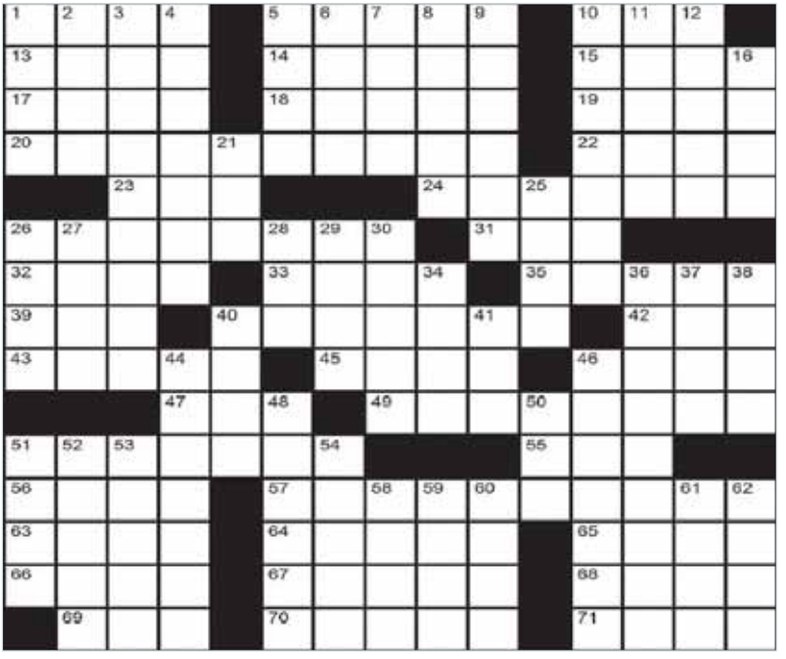
♑ Capricorn
Dec. 22 - Jan. 20
What you learn about other people is useful. What you learn about yourself is priceless. Something will happen today that gives you an insight into the way your subconscious works — an insight that leads to greater happiness.

♒ Aquarius
Jan. 21 - Feb. 19
Many things are changing and you may not be entirely happy about it. But deep down you know it's time to move on and if you can't make the move yourself fate will make it for you. Your move!

♓ Pisces
Feb. 20 - March 20
Venus, planet of personal love, links with Neptune, planet of universal love, in your sign today, making this the ideal time to reach out and change people's lives. Use your gift of compassion. **SALLY BROMPTON**

Crossword: Canada Across and Down

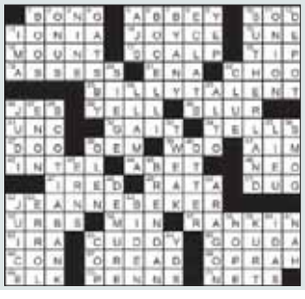
BY KELLY ANN BUCHANAN



Across
1. Lion's share
5. Belonging to Sweden's biggest band
10. New Zealand parrot
13. Sacred Buddhist peak
14. Hen's home
15. "This is __ _ big mistake!"
17. Cartooning, for short
18. __ Max ($50 million top prize draw)
19. Shakespearean word
20. Reality series now with a Canadian version on Slice: 2 wds.
22. __-and-haws
23. Bird's beak
24. Toronto's big airport
26. Boardroom events
31. Canada __ (Brand of ginger ale)
32. Kind of musical work
33. Macbeth's burial place
35. Cain's biblical son
39. Always, to a poet
40. Western province
42. Gladiator's 7
43. Bird beds
45. "__ la Douce" (1963)
46. Photog's originals, for short
47. _ _ _ Speedwagon
49. Colleen of "Anne of Green Gables"
51. "Wind __ My Wings" by Midler
55. And: German
56. __. donor (Unknown benefactor)
57. Assume control: 2 wds.
63. "Oops!... _ __ It Again" by Britney Spears
64. __ by the rules
65. Played-with-a-bow instrument
66. "How to __ a Guy in 10 Days" (2003)
67. Tricked
68. Eye part
69. Nourished
70. Make amends
71. Water bird

Down
1. Biblical land where Moses was buried
2. Prefix to 'potent' (All-powerful)
3. Canadian History: Land lords of New France
4. Donut-middle treats
5. Folkie Mr. Guthrie
6. Winter footwear, just one
7. The pair
8. Take _ __ (Move foreward)
9. Stashed
10. Movie director Ms. Bigelow
11. "The Princess Bride" (1987) star, Cary __
12. Texas landmark to 'remember', The __
16. Formal org.
21. Baseball stat.
25. Expanse
26. Big name in faucets
27. Sword sort
28. Goose egg
29. Desert in Asia
30. Ventriloquy puppet of classic TV, Mortimer __
34. Weapon: French
36. The 'O' of BTO
37. Slang-style smokes
38. School subj.
40. On the ocean
41. Shooting marble
44. Was a hot topic on Twitter
46. Canadian territory since 1999
48. Federal government's centre
50. "Er, what?"
51. Release-from-the-slammer money
52. Arnold Schwarzenegger movie, "__ Days" (1999): 2 wds.
53. Racket
54. Custom
58. Metric weight, for short
59. Biblical garden
60. Give up
61. Movie-__
62. Flair

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		7				5		
	9		1		7		6	
2	3						7	9
		3	4		2	7		
4								8
		1	6		9	4		
3	1						5	7
	7		9		5		1	
		8				2		

Yesterday's Sudoku

4	7	6	8	9	2	3	5	1
5	9	2	3	7	1	6	8	4
1	3	8	5	4	6	9	7	2
9	8	7	1	3	4	2	6	5
6	4	5	9	2	7	8	1	3
2	1	3	6	8	5	7	4	9
8	6	1	2	5	9	4	3	7
3	2	4	7	1	8	5	9	6
7	5	9	4	6	3	1	2	8

Weather

TODAY	FRIDAY	SATURDAY
MAX: 4° MIN: -7°	MAX: 9° MIN: -1°	MAX: 10° MIN: 1°

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for You, Lord, have never
forsaken those who seek You.
(Ps 9:10)
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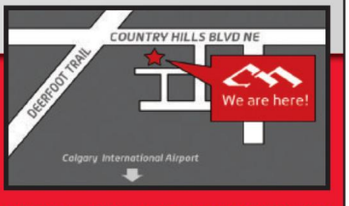

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